ROYAL CANADIAN SEA CADETS

PHASE FOUR

INSTRUCTIONAL GUIDE

SECTION 1

EO M407.01 – IDENTIFY PHASE FOUR 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-604/PG-001, *Phase Four 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.

Photocopy Attachment A for each cadet.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An in-class activity was chosen for TPs 1 as it is an interactive way to provoke thought and stimulate an interest in Phase Four training opportunities among the cadets.

An interactive lecture was chosen for TP 2 to orient the cadets and generate an interest in Phase Four complementary training opportunities.

A group discussion was chosen for TP 3 as it allows the cadets to interact with their peers and share their knowledge, experiences, opinions, and feelings about leadership appointments at the corps.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have identified the training opportunities they will receive in Phase Four.

IMPORTANCE

It is important for cadets to know what training will be conducted during Phase Four 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.

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Teaching point 1 **Conduct an in-class activity to identify Phase Four mandatory training opportunities.**

Time: 10 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 cadets must complete throughout the training year.

ACTIVITY

OBJECTIVE

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

RESOURCES

Resources will be IAW with each PO as listed below.

ACTIVITY LAYOUT

Set up 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 401—CITIZENSHIP

Citizenship provides the cadets with an opportunity to identify the role of Youth Justice within Canada.



An example of information / training aids that could be set up at this station is information about local service groups.

PO 402—COMMUNITY SERVICE

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



An example of information / training aids that could be set up at this station is pictures from various community service activities in which the corps has participated.

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PO 403—LEADERSHIP

Leadership provides the cadets with an opportunity to apply their leadership knowledge and skills through practical application in a leadership appointment. The cadets will:

- use a team to accomplish a single major duty or task;
- act as a team leader;
- supervise and motivate team members;
- provide feedback to team members; and
- develop skills and knowledge of team members.



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

- pictures of famous leaders,
- list of leadership appointments in the corps,
- leadership quotes, and
- pictures of cadets from the corps participating in leadership activities / taskings.

PO 404—PERSONAL FITNESS AND HEALTHY LIVING

Personal fitness and healthy living provides the cadets with an opportunity to update their personal activity plans (from Phase Three) for the training year. The cadets will:

- participate in the Cadet Fitness Assessment,
- update Personal Activity Plan, and
- evaluate Personal Activity Plan.

This PO gives the cadets some of the tools required to make 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:

- the DVD included in the *Fitnessgram 8.0 Stand-Alone Test Kit*,
- a CD / cassette player with the audio recording of the *20-m Shuttle Run Test* beeps, and
- copies of the Cadet Fitness Assessment Scoresheet.

PO 405—RECREATIONAL SPORTS

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

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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 406—AIR RIFLE MARKSMANSHIP

Air rifle marksmanship provides the cadets with an opportunity to participate in a recreational marksmanship activity.



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 407—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 Four, and
- identify the year four CSTC training opportunities.



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

- information sheets / poster on Phase Four training opportunities, and
- information sheets / poster on year four summer training opportunities.

PO 408—DRILL

Drill provides the cadets with an opportunity to direct a squad on the parade square. The cadets will:

- discuss professionalism while commanding a division,
- identify parade sequence,

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- perform as a divisional petty officer on parade, and
- inspect a cadet on parade.



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

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

PO 409—INSTRUCTIONAL TECHNIQUES

Instructional techniques provides the cadets with an opportunity to instruct a lesson. The cadets will:

- identify methods of instruction,
- identify elements of a positive learning environment,
- describe learner needs,
- explain assessment, and
- instruct a 30-minute lesson.



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

- copies of completed lesson plans, and
- various types of instructional aids.

PO 420—CANADIAN NAVY AND MARITIME COMMUNITY

Canadian Navy and maritime community provides the cadets with an opportunity to describe aspects of the Canadian Navy. The cadets will:

- describe current naval operations,
- describe the modernization of the Canadian Navy,
- describe the Canadian Coast Guard, and
- identify Transport Canada as a Maritime Agency.



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

- pictures of various HMC ships,
- pictures of HMC ship mascots,
- pictures of modern ship equiptment,
- articles about Fisheries and Oceans Canada, and
- information about Transport Canada.

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PO 423—SHIP'S OPERATIONS

Ship's operations provides the cadets with an opportunity to learn to serve in a naval environment. The cadets will:

- identify aspects of a chart,
- use navigation instruments,
- describe latitude and longitude, and
- plot a fix.



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

- charts, and
- navigation equipment.

PO 424—SAILING

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



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

- pictures / videos of cadets sailing, and
- a model sailboat.

Seamanship Inter-Divisional Competition

The seamanship inter-divisional competition (SIDC) provides the cadets with an opportunity to compete with their peers in activities, such as:

- trivia questions from Phase training,
- ropework,
- ship's operations, and
- team building.



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

- a model sheers,
- examples of ropework,
- pictures / models of ships, and
- pictures / videos of cadets participating in the SIDC.

ACTIVITY INSTRUCTIONS

Have the cadets walk around the classroom, visiting each station.

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SAFETY

Nil.

CONFIRMATION OF TEACHING POINT 1

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

Teaching point 2 **Identify Phase Four complementary training opportunities.**

Time: 5 min Method: Interactive Lecture



Discuss the complementary training opportunities that will be taught for each PO. The following information is a summary of the complementary training offered in Phase Four.

PHASE FOUR COMPLEMENTARY TRAINING

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

PO 401—CITIZENSHIP

Complementary training for citizenship provides the cadets an opportunity to:

- discuss age-based laws,
- discuss federal and provincial jurisdictions,
- discuss computer crime, and
- participate in a presentation given by a guest speaker from a local community service group.

PO 402—COMMUNITY SERVICE

Complementary training for community service provides the cadets an opportunity to:

- participate in a ceremonial parade; and
- perform additional community service.

PO 403—LEADERSHIP

Complementary training for leadership provides the cadets an opportunity to:

- self-assess leadership skills,
- participate in a seminar on problem solving,
- participate in a seminar on time management,
- participate in a seminar on communication, and
- participate in a seminar on supervision.

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PO 404—PERSONAL FITNESS AND HEALTHY LIVING

Complementary training for personal fitness and healthy living provides the cadets an opportunity to:

- describe nutrition and hydration requirements for fitness and sports activities,
- conduct the cadet fitness assessment,
- evaluate personal activity plan,
- describe stress,
- develop a personal nutrition plan, and
- create team goals.

PO 405—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 406—AIR RIFLE MARKSMANSHIP

Complementary training for air rifle marksmanship provides the cadets an opportunity to:

- identify civilian marksmanship organizations, and
- correct marksmanship error,
- fire the cadet air rifle from the standing position,
- practice holding techniques,
- practice aiming techniques,
- practice firing techniques, and
- participate in a recreational marksmanship activity.

PO 407—GENERAL CADET KNOWLEDGE

Complementary training for general cadet knowledge provides the cadets an opportunity to prepare for phase five training.

PO 408—DRILL

Complementary training for drill provides the cadets an opportunity to:

- discuss the historical use of drill,
- view a re-enactment that demonstrates the historical use of drill,
- execute flag party drill,
- deliver words of command, and
- practice ceremonial drill as a review, and execute drill with arms.

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PO 409—INSTRUCTIONAL TECHNIQUES

Complementary training for instructional techniques provides the cadets an opportunity to:

- plan a lesson,
- instruct a 30-minute lesson,
- act as an assistant instructor,
- participate in a creative lesson planning workshop,
- instruct a 30-minute drill lesson,
- identify formations for drill instruction,
- plan a drill lesson, and
- instruct a 15-minute drill lesson.

PO 411—BIATHLON

Complementary training for biathlon provides the cadets an opportunity to:

- practice aiming and firing the cadet air rifle following physical activity,
- participate in a recreational summer biathlon activity,
- identify civilian biathlon opportunities,
- run on alternate terrain,
- fire the cadet air rifle using a sling following physical activity,
- participate in a competitive summer biathlon activity,
- participate in a biathlon briefing,
- run wind sprints, and
- fire the cadet air rifle following physical activity.

PO 420—CANADIAN NAVY AND MARITIME COMMUNITY

Complementary training for Canadian Navy and maritime community provides the cadets an opportunity to:

- describe Fisheries and Oceans Canada,
- describe civilian maritime agencies and institutions,
- describe D-Day and the Battle of Normandy, and
- attend a presentation on a naval commemorative event.

PO 421—ROPEWORK

Complementary training for ropework provides the cadets an opportunity to:

- make a boatswain's belt,
- make a round mat, and
- make a net hammock.

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PO 422—SMALL CRAFT OPERATIONS

Complementary training for small craft operations provides the cadets an opportunity to attain a pleasure craft operator competency card and to describe the responses to changing states of weather while operating a small craft.

PO 423—SHIP'S OPERATIONS

Complementary training for ship's operations provides the cadets an opportunity to:

- plot a position using a three-bearing fix, and
- plot a position using a horizontal angle fix.

PO 425—NAUTICAL TRAINING

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

- perform small craft / vessel duties while underway; 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. What is the purpose of complementary training?

Q2. What complementary training is associated with PO 401–Citizenship?

Q3. What complementary training is associated with PO 421–Ropework?

ANTICIPATED ANSWERS:

A1. Complementary training is used to complement the mandatory training.

A2. Complementary training for citizenship includes:

- discuss age-based laws,
- discuss federal and provincial jurisdictions,
- discuss computer crime, and
- participate in a presentation given by a guest speaker from a local community service group.

A3. Complementary training for ropework includes:

- make a boatswain's belt,
- make a round mat, and
- make a hammock.

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Teaching point 3 **Discuss leadership appointment opportunities at the corps.**

Time: 5 min Method: Group Discussion

BACKGROUND KNOWLEDGE



The point of the group discussion is to recognize leadership appointment opportunities in the corps from the group using the tips for answering / facilitating discussion and the suggested questions provided.

LEADERSHIP ASSIGNMENT

A leadership assignment is a specific, short or long-term practical leadership opportunity. The team leader must apply their leadership skills. The team leader will have temporary team members either within or outside their peer group. The team will accomplish a single minor duty or task.

Leadership assignments in fourth year may be the same as third year. Each fourth year cadet has already completed at least two leadership assignments during their third year of training.



Leaderships assignments in Phase Four maybe the same as Phase Three or of longer duration / complexity. Each cadet should have already completed at least two leadership assignments during Phase Three.

LEADERSHIP APPOINTMENT

A leadership appointment is a long-term practical leadership opportunity. The team leader must apply their leadership knowledge and skills and display the core leadership qualities of a cadet. The team leader will have an assigned, established team of cadets outside their peer group. These may be organizational appointments (eg, Divisional Petty Officer), training appointments (eg, Phase Instructor) or supplementary appointments (eg, Drill Team Commander). These appointments must be based on the frequency and duration of the major duties or tasks. The team leader must meet with their team on a number of occasions. Leadership appointments may be held by a single fourth year cadet (eg, Drill Team Commander) or the fourth year cadets may rotate through a position (eg, Canteen Steward).

The team leader must supervise team members, communicate with team members and solve problems, strive to meet the needs and expectations of team members, motivate team members, and provide feedback to team members. The team leader must attempt to develop the skills and knowledge of their team members.

Direction for the leadership appointment must be given by a superior usually an activity leader or activity manager.



During year four training, each cadet will be assessed at least once on a leadership assignment and once on a leadership appointment.

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Ensure a list of leadership appointments has been developed by the Training Officer before instructing this class. Below is a sample list of leadership appointments

SAMPLE YEAR FOUR LEADERSHIP APPOINTMENTS

Organizational Appointments:

- Coxswain,
- Divisional Petty Officer,
- Stores Petty Officer,
- Ship's Writer, and
- Training Petty Officer.

Training Appointments:

- Phase Instructor,
- Sail Instructor,
- Seamanship Instructor,
- Drill and Ceremonial Instructor, and
- Fitness and Sports Instructor.

Supplementary Appointments:

- Drum Major,
- Band Section Leader,
- Canteen Steward,
- Drill Team Commander,
- Marksmanship Team Captain,
- Range Assistant,
- First Aid Team Captain,
- Biathlon Team Captain, and
- Sports Team Captain.



Phase Four cadets will typically be assigned the leadership appointments of Divisional Petty Officer or supplementary appointments. As required, Phase Four cadets may be assigned various other organizational and training appointments.

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For the purposes of PO 403 (Act as Team Leader), Phase Four cadets will be required to fill a leadership appointment that meets the criteria defined above. This requires that the appointment involves an assigned, established team of cadets outside the Phase Four Cadet's peer group. In some circumstances some of the examples given may not meet these criteria (eg, a smaller corps that only have one cadet assigned to supply).

GROUP DISCUSSION



TIPS FOR ANSWERING / FACILITATING DISCUSSION:

- Establish ground rules for discussion, eg, everyone should listen respectfully; don't interrupt; only one person speaks at a time; no one's ideas should be made fun of; you can disagree with ideas but not with the person; try to understand others as much as you hope they understand you; etc.
- Sit the group in a circle, making sure all cadets can be seen by everyone else.
- Ask questions that will provoke thought; in other words avoid questions with yes or no answers.
- Manage time by ensuring the cadets stay on topic.
- Listen and respond in a way that indicates you have heard and understood the cadet. This can be done by paraphrasing their ideas.
- Give the cadets time to respond to your questions.
- Ensure every cadet has an opportunity to participate. One option is to go around the group and have each cadet answer the question with a short answer. Cadets must also have the option to pass if they wish.
- Additional questions should be prepared ahead of time.

SUGGESTED QUESTIONS

Q1. What is the difference between a leadership assignment and a leadership appointment?

Q2. What leadership appointments are available at the corps?

Q3. Do you have any concerns knowing that you will fill a leadership appointment during this training year?



Other questions and answers will develop throughout the group discussion. The group discussion should not be limited to only those suggested.



Reinforce those answers given and comments made during the group discussion, ensuring the teaching point has been covered.

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SAFETY

Nil.

CONFIRMATION OF TEACHING POINT 3

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

END OF LESSON CONFIRMATION

The cadets' identifying Phase Four leadership appointment opportunities in the group discussion in TP 3 will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK / READING / PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

Being aware of the topics to be covered during Phase Four training will help generate interest in the training year. Being aware of the opportunities available throughout the training year may stimulate an interest in specific areas of training.

INSTRUCTOR NOTES / REMARKS

For Phase Four complementary training opportunities in TP 2, refer to the corps' annual training plan.

This EO should be scheduled as early as possible in the training year.

REFERENCES

A0-096 CATO 11-04 Director Cadets 3. (2007). *Cadet program outline*. Ottawa, ON: Department of National Defence.

A1-019 CATO 31-03 Director Cadets Senior Officer Sea Cadets. (2008). *Sea cadet program outline*. Ottawa, ON: Department of National Defence.

A1-047 CATO 31-01 Director Cadets 4. (1994). *Sea cadet corps' standardized standing orders*. Ottawa, ON: Department of National Defence

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PHASE FOUR POs and EOs	
PO 401–Citizenship Recognize How the Legal System Affects Youth	
C401.01	Describe the Differences Between the Youth Justice System and the Adult Justice System
C401.02	Discuss Age-Based Laws
C401.03	Discuss Federal and Provincial Jurisdictions
C401.04	Discuss Computer Crime
PO 402–Community Service Perform Community Service	
M402.01	Perform Community Service
C102.01	Participate in a Ceremonial Parade
C102.02	Perform Community Service
PO 403–Leadership Act as a Team Leader	
M403.01	Describe Needs and Expectations of Team Members
M403.02	Select a Leadership Approach
M403.03	Motivate Team Members
M403.04	Provide Feedback to Team Members
M403.05	Participate in a Mentoring Relationship
M403.06	Act as a Team Leader During a Leadership Appointment
C403.01	Participate in a Leadership Seminar
C303.01	Lead Team-Building Activities
C303.02	Deliver a Presentation about a Leader
PO 404–Personal Fitness and Healthy Living Update Personal Activity Plan	
M404.01	Participate in the Cadet Fitness Assessment
M404.02	Update Personal Activity Plan
M404.03	Evaluate Personal Activity Plan
C404.01	Describe Nutrition and Hydration Requirements for Fitness and Sports Activities
C404.02	Prepare to Conduct the Cadet Fitness Assessment
C304.01	Participate in the Cadet Fitness Assessment
C304.02	Evaluate Personal Activity Plan
C304.03	Describe Stress
C104.01	Create Team Goals
PO 405–Recreational Sports Participate in Recreational Sports	
M405.01	Participate in Organized Recreational Team Sports
C105.01	Participate in an Organized Sports Tabloid
C105.02	Participate in an Organized Intramural Sports Event
C105.03	Participate in an Orienteering Event
PO 406–Air Rifle Marksmanship Fire the Cadet Air Rifle During Recreational Marksmanship	
M406.01	Participate in a Recreational Marksmanship Activity
C406.01	Assist the Range Safety Officer
C406.02	Score Air Rifle Marksmanship Targets
C306.01	Identify Civilian Marksmanship Organizations
C306.02	Correct Marksmanship Error
C306.03	Fire the Cadet Air Rifle from the Standing Position

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C206.01	Practice Holding Techniques
C206.02	Practice Aiming Techniques
C206.03	Practice Firing Techniques
C106.01	Participate in a Recreational Marksmanship Activity
PO 407–General Cadet Knowledge Serve in a Sea Cadet Corps	
M407.01	Identify Phase Four Training Opportunities
M407.02	Identify Year Four CSTC Training Opportunities
C407.01	Prepare for a Merit review Board
C307.02	Participate in a Presentation Given by the Cadet Liaison Officer (CLO)
C307.03	Participate in a Presentation Given by a Guest Speaker from the Navy League of Canada
PO 408–Drill Command a Division on Parade	
M408.01	Discuss Commanding a Division on Parade
M408.02	Identify Parade Sequence
M408.03	Command a Squad
M408.04	Inspect a Cadet on Parade
C408.01	Discuss the Historical use of Drill
C408.02	View a Re-Enactment That Demonstrates the Historical use of Drill
C308.01	Execute Flag Party Drill
C308.02	Execute Cenotaph Drill
C308.03	Practice Voice for Calling Drill Commands
C208.01	Practice Ceremonial Drill as a Review
C208.02	Execute Drill with Arms
PO 409–Instructional Techniques Instruct a Lesson	
M409.01	Identify Methods of Instruction
M409.02	Identify Elements for a Positive Learning Environment
M409.03	Describe Learner Needs
M409.04	Explain Assessment
M409.05	Instruct a 30-Minute Lesson
C409.01	Plan a Lesson
C409.02	Instruct a 30-Minute Lesson
C409.03	Act as an Assistant Instructor
C409.04	Participate in a Creative Lesson Planning Workshop
C409.05	Act as an Assistant Drill Instructor
C409.06	Instruct a 30-Minute Drill Lesson
C309.04	Identify Formations For Drill Instruction
C309.05	Plan a Drill Lesson
C309.06	Instruct a 15-Minute Drill Lesson
PO 311–Summer Biathlon Participate in Competitive Summer Biathlon Activities	
C311.01	Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity
C311.02	Participate in a Recreational Summer Biathlon Activity
C211.01	Identify Civilian Biathlon Opportunities
C211.02	Run on Alternate Terrain
C211.03	Fire the Cadet Air Rifle using a Sling Following Physical Activity
C211.04	Participate in a Competitive Summer Biathlon Activity
C111.01	Participate in a Biathlon Briefing

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C111.02	Run Wind Sprints
C111.03	Fire the Cadet Air Rifle Following Physical Activity
C111.04	Participate in a Recreational Summer Biathlon Activity
PO 420–Canadian Navy and Maritime Community Describe Aspects of the Canadian Navy and Maritime Community	
M420.01	Describe Current Naval Operations
M420.02	Describe the Modernization of the Canadian Navy
M420.03	Describe the Canadian Coast Guard
M420.04	Describe Transport Canada as a Maritime Agency
C420.01	Describe Fisheries and Oceans Canada
C420.02	Describe Civilian Maritime Agencies And Institutions
C420.03	Participate in a Discussion / Presentation on D-Day Commemorations
C420.04	Participate in a Presentation Given by a Guest Speaker From a Civilian Maritime Agency
C320.01	Attend a Presentation on a Naval Commemorative Event
C320.02	Describe the Women's Royal Canadian Naval Services
C320.03	Describe Naval Aviation
PO 421–Ropework Perform Ropework	
C421.01	Make a Boatswain's Belt
C421.02	Make a Round Mat
C421.03	Make a Net Hammock
C320.02	Rig a Standing Derrick
C320.03	Rig a Gyn
C320.04	Make a Monkey's Fist
C320.05	Make a Turk's Head
PO 422–Small Craft Operations Describe the Required Responses to Changing States of Weather While Operating a Small Craft	
C422.01	Describe the Required Responses to Changing States of Weather While Operating a Small Craft
PO 322	Attain a Pleasure Craft Operator Card
PO 423–Ship's Operations Locate a Position on a Chart	
M423.01	Identify Aspects Of A Chart
M423.02	Use Navigation Instruments
M423.03	Describe Latitude and Longitude
M423.04	Plot a Fix
C423.01	Plot a Fix Using A Three-Bearing Fix
C423.02	Plot a Fix Using A Horizontal Angle Fix
PO 424–Sailing Sail a Sailboat IAW Canadian Yachting Association (CYA) White Sail Level Two	
M324.01	Prepare for a Sail Weekend
M324.02 - 11	CYA Whit Sail II Training
PO 425–Nautical Training Participate in a Nautical Training Weekend	
C425.01	Prepare for a Nautical Training Weekend
C425.02A	Perform Small Craft / Vessel Duties While Underway
C425.02B	Participate in a Nautical Activity

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