SERVE IN AN ARMY CADET CORPS

Having an overview of the training opportunities provided to Green Star Cadets prepares new cadets for the training year, allowing them to understand how training fits together and identify areas they are particularly interested in.

Content and Format of Year One Training

COMMON TRAINING

There is common cadet training which applies to Sea, Army and Air Cadets. POs (Performance Objectives) for these common cadet subjects are as follows:

101 Citizenship- Participate in Citizenship Activities
102 Community Service- Perform Community Service
103 Leadership- Participate in Team Building Activities
104 Personal Fitness and Healthy Living- Develop a Personal Activity Plan
105 Recreational Sports- Participate in Various Sporting Activities in Pursuit of Living a Healthy Lifestyle
106 Marksmanship- Fire the Cadet Air Rifle
107 General Cadet Knowledge- Serve in a Corps
108 Drill- Participate in an Annual Ceremonial Review Parade

ARMY CADET TRAINING

The expedition is one activity that distinguishes Army Cadets from Air and Sea cadets. For Army Cadets, expedition is defined as “any activity that consists of dynamic travel of no less than 36 hours in duration, where there is a clear goal associated with the activity.” Expedition training in Green Star is supported by the following POs:

121 Field Training- Participate as a Member of a Group During an Overnight Bivouac Exercise
122 Navigation- Identify Location Using a Map
123 Trekking- Participate in a Day Hike

Another PO Army Cadets will participate in is PO 120, Canadian Forces (CF) familiarization, where they will learn about the organization and traditions of the CF. This PO provides cadets with the knowledge and opportunity to effectively interact with members of the CF, while promoting an interest therein.

OPTIONAL TRAINING

Optional training offered at the cadet corps will vary, depending on a number of factors. Some of these opportunities are dependent on the availability and qualification of staff, and resources of the corps. The corps may offer such activities as:

- cultural education/travel;
- music (military band, and pipes and drums);
- summer and winter biathlon;
- first aid;
- drill team;
- orienteering team;
- biathlon team, and;
- marksmanship team
Full Value Contract

The Cadet Movement now uses FVCs in order to develop team spirit and the commitment of everyone in the group.

The objectives of this contract are:

- respect the integrity;
- respect the diversity; and
- respect of the individuals and the group to which the cadet belongs.

When the instructors and the cadets respect one another, it is easier to work together towards the same goal and support everyone in the learning process. Before establishing a full value contract, everyone must be ready to commit to the following:

- **Be Here.** The FVC asks everyone to make a conscious commitment to be present in body and mind, as well as to commit to full participation and to accept and demonstrate responsibility for one's action. This means that everyone will show interest to support one another and to actively engage in the learning process.

- **Be Safe.** In order to stimulate interest, facilitate participation and create an open-minded environment for the group members, everyone must feel safe. It is the instructor's (platoon cmdr) job to ensure that team members feel physically and emotionally safe in order to contribute to their learning process. This responsibility also falls to the group members. By his behaviour, attitude, and participation, cadets must not put at risk the other group members. A safe environment will encourage each member to actively participate, ask questions and give answers without the fear of being ridiculed.

- **Set Goals.** In reference to the second lesson on goal setting, it is essential that everyone set personal goals. These goals provide to themselves and the group the reference points against which they will make choices about actions and plans. In every learning process, it is imperative to set goals, because once set, the group members and the individual will take on the responsibility to reach them. The FVC calls for the members of a group to work collectively toward the attainment of group goals and to support each other in meeting individual goals.

- **Be Honest.** Being honest assumes that everyone is honest with others and with oneself. For example, given a situation, instead to act out their disappointment or anger, the team members must simply acknowledge their feelings in regard to the situation and openly and fairly explain their state of mind. In this situation, everybody will be able to work towards solving the problem. Being honest requires the members to be accountable to each other and responsible for their own actions and words.

- **Let Go and Move On.** The FVC requires that group members acknowledge that they will not always agree, that they will have different opinions and ideas, and will choose to put aside their differences and move forward in order to achieve the goals.

How to use the FVC.

To your astonishment, the FVC will work on its own. The FVC can be used differently. It becomes a good feedback and cohesion tool for the group. In concrete terms, you can refer to it after an activity, experience, or situation by asking to the group how they have reacted and acted. Normally, the group members will refer to it even before you do so. Group members must be able to identify by themselves what went well and not. They must also be able to identify what they need to improve in order to respect their “contract”.

It is important for a first year cadet to know what training they will be participating in to help build interest and entice the cadet to continue in the Canadian Cadet Program. First year cadets should also know what activities and opportunities are available to them through their cadet corps.
ARMY CADET RANKS AND OFFICER RANKS

Being familiar with the ranks of the Army Cadets and officers of the CF will help cadets understand the relationship between cadet ranks and officers at the corps. It will also aid them in interacting effectively with CF members when visiting other CF facilities or bases.

the Structure and Rank Insignia of the RCAC

It is interesting to note that Army Cadets have the same rank titles and insignia as Non-Commissioned Members (NCMs) in the Canadian Army. Once Army Cadets understand the structure of their own NCMs, they will be able to properly identify those in the CF NCM structure.

CADET RANKS NON-COMMISSIONED MEMBERS (NCMS)

Rank is a system of grading seniority and command within military organizations. The gold arrows are referred to as “chevrons”. The more chevrons used, the higher the seniority of the individual. These chevrons are worn on the upper arm, on the right sleeve of the cadet tunic.

PRIVATE (Pte)  CORPORAL (Cpl)  MASTER CORPORAL (MCol)  SERGEANT (Sat)

The “Tudor” crown represents the rank of Warrant Officer (WO).
The “Tudor” crown surrounded by a laurel wreath represents the rank of Master Warrant Officer (MWO).
The Canadian Coat of Arms represents the rank of Chief Warrant Officer (CWO).
These ranks are worn low on the sleeve of the right arm of the cadet tunic.

WARRANT OFFICER (WO)  MASTER WARRANT OFFICER (MWO)  CHIEF WARRANT OFFICER (CWO)
OFFICERS RANKS

**Commander-in-chief**

While command-in-chief remains vested in the Queen of Canada, the governor general (as the Queen’s representative), is the commander-in-chief of the Canadian Forces, and in that capacity may wear the appropriate Canadian Armed Forces uniform. The sleeve braid is embellished with the Crest of Canada and this same embroidered crest is worn on the shoulder straps.

<table>
<thead>
<tr>
<th>Commander-in-chief as</th>
<th>Naval officer</th>
<th>Army officer</th>
<th>Air force officer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Governor General’s Badge (Crest of the Arms of Canada)</td>
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[Images of Commander-in-chief sleeve and shoulder insignia for each branch]
<table>
<thead>
<tr>
<th>Rank Insignia</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Navy</strong></td>
<td><strong>Army</strong></td>
</tr>
<tr>
<td>Admiral / amiral</td>
<td>St. Edward's crown, crossed sabre and baton, four maple leaves</td>
</tr>
<tr>
<td>Vice admiral</td>
<td>St. Edward's crown, crossed sabre and baton, three maple leaves</td>
</tr>
<tr>
<td>Rear admiral</td>
<td>St. Edward's crown, crossed sabre and baton, two maple leaves</td>
</tr>
<tr>
<td>Major general</td>
<td>St. Edward's crown, crossed sabre and baton, three maple leaves</td>
</tr>
</tbody>
</table>

Note: The images depict the rank insignia for each rank in the Navy, Army, and Air force, with descriptions indicating the specific symbols and elements present in each insignia.
<table>
<thead>
<tr>
<th>Officer rank insignia</th>
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<tbody>
<tr>
<td><strong>Navy</strong></td>
</tr>
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</table>
| Captain | Colonel | Colonel | RCN and RCAF: Four rows of standard braids (naval with executive curl)  
Army: St. Edward's Crown and two Stars (colonel gorget) |
<p>| Commander | Lieutenant colonel | Lieutenant colonel |  |</p>
<table>
<thead>
<tr>
<th>Rank</th>
<th>RCN and RCAF Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lieutenant</td>
<td>Three rows standard braids (naval with executive curl)</td>
</tr>
<tr>
<td>Captain</td>
<td>One row narrow braid between two rows of standard braids (naval with executive curl)</td>
</tr>
</tbody>
</table>

**Army:**
- St. Edward's crown and one star
- St. Edward's crown

**RCAF:**
- One row narrow braid between two rows of standard braids (naval with executive curl)
- One row narrow braid between two rows of standard braids (naval with executive curl)
<table>
<thead>
<tr>
<th>Rank</th>
<th>Navy</th>
<th>Air Force</th>
<th>Army</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sub-lieutenant</td>
<td>Two rows standard braid with executive curl</td>
<td>Two rows standard braid</td>
<td>Three stars</td>
</tr>
<tr>
<td>Lieutenant</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acting sub-lieutenant</td>
<td>One row standard braid with executive curl over one row of narrow braid</td>
<td>One row of narrow braid over one row standard braid</td>
<td>Two stars</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Rank</th>
<th>Navy</th>
<th>Air Force</th>
<th>Army</th>
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<tr>
<td>Lieutenant</td>
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<td>Second lieutenant</td>
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</tr>
<tr>
<td></td>
<td>One row standard braid with executive curl</td>
<td>One row standard braid</td>
<td>One star</td>
</tr>
<tr>
<td>Naval cadet</td>
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<tr>
<td>Officer cadet</td>
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<td>Officer cadet</td>
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ADDRESSING CADET NCOs AND SUBORDINATE OFFICERS

It is important to pay the correct compliments to the appropriate individuals. When addressing a cadet NCO or a subordinate officer, the cadet will stand at the position of attention. As cadet NCOs and subordinate officers do not hold a commission from the Queen, they are not saluted. Throughout the conversation, the cadet shall address the NCO or subordinate officer by their rank and surname and remain at the position of attention. When the cadet has completed addressing the NCO or officer, they should dismiss themselves appropriately by turning to the right.

ADDRESSING COMMISSIONED OFFICERS

When addressing commissioned officers, the same procedures are followed as when addressing NCOs and subordinate officers except a salute shall be given. The cadet shall stand at the position of attention after approaching the commissioned officer. The cadet will then salute. Throughout the conversation the cadet shall address the commissioned officer by their rank and surname and always remain at the position of attention unless otherwise directed by the commissioned officer. When the cadet has completed addressing the officer, they should again salute and dismiss themselves appropriately.

PAYING COMPLIMENTS INSIDE A BUILDING

Salutes are not given inside buildings except when on parade, during ceremonial occasions, or when entering and leaving offices. However, cadets shall turn their head and offer a polite greeting when meeting an officer in a common area. It is not customary to wear headdress inside a building.

ENTERING AN OFFICE

When entering an office the cadet shall:
- stand at the position of attention in the doorway;
- salute if wearing headdress and the office occupant holds a commission; and
- politely ask permission to enter the office.

LEAVING AN OFFICE

When leaving an office the cadet shall:
- stand at the position of attention in the doorway;
- salute if wearing headdress and the office occupant holds a commission; and
- depart.

OTHER OCCASIONS TO PAY COMPLIMENTS

It is appropriate for cadets to salute on different occasions:
- When the Canadian or another foreign national anthem is played.
- When recognizing a commissioned officer who is not in uniform.
- When The National Flag of Canada is being lowered or raised.
- When boarding or disembarking any of Her Majesty's Canadian ships or those of a foreign service, cadets shall pay compliments to the quarterdeck.
THE AIMS OF THE ARMY CADET PROGRAM

Knowing the aims, mission, vision, and motto of the Army Cadet Program provide the cadet with a greater understanding of what it means to be an Army Cadet. This information will give a better understanding of how the Cadet Program can help them develop both as a cadet and an individual. The tenets of aim and motto will contribute to the development of a sense of pride in belonging to the Army Cadet Program.

MISSION
The mission of the Cadet Program is to contribute to the development and preparation of youth for the transition to adulthood, enabling them to meet the challenges of modern society, through a dynamic, community-based program.

VISION
The vision of the Cadet Program is a relevant, credible and proactive youth development organization, offering the program of choice for Canada’s youth, preparing them to become the leaders of tomorrow through a set of fun, challenging, well organized and safe activities.

AIM

1. DEVELOP IN YOUTH THE ATTRIBUTES OF GOOD CITIZENSHIP AND LEADERSHIP
The Cadet Program aims to assist in the development of cadets as good citizens and leaders. Through citizenship and community services activities, the cadet develops an appreciation for community membership and involvement within cadet, local, regional, provincial, national and global communities. Cadets’ active involvement will have a positive impact on local communities, which will contribute to community strength and vibrancy. Through leadership activities, cadets develop interpersonal skills and assume responsibility as effective team members, leaders and dynamic coaches. They will develop the ability to conduct themselves in an ethical and socially responsible way.

2. PROMOTE PHYSICAL FITNESS
The Cadet Program aims to promote physical well-being. Cadets develop an understanding of the benefits of fitness and a healthy lifestyle. This understanding, combined with on-going participation in fitness activities, aids in the development of positive attitudes and behaviours that build resiliency within cadets and enable them to meet challenges.

3. STIMULATE THE INTEREST OF YOUTH IN THE SEA, LAND AND AIR ACTIVITIES OF THE CF
The Cadet Program aims to expose youth to the sea, land and air activities of the CF. Cadets develop elemental skills through introduction and interaction with their respective CF communities. The Cadet Program educates and promotes liaison with civilian maritime, adventure and aviation communities. These combined experiences and interactions are essential to the unique identity of the sea, army and air cadet organizations. Also, they distinguish the Cadet Program as a whole from other youth development programs.

MOTTO
The motto of the Army Cadet Program is, “Acer Acerpori.” Acer Acerpori is a latin term which means “as the maple, so the sapling.”
WEARING THE ARMY CADET UNIFORM

The cadet uniform is highly recognizable so 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).

OCCASIONS TO WEAR THE UNIFORM
The Army Cadet uniform must be worn when:
- Attending training or proceeding to or from a place of training unless the corps CO gives directives to the contrary.
- Proceeding to or from a CSTC.
- Attending ceremonies or functions at which the wearing of the uniform is appropriate and authorized by the CO of the corps or CSTC.

RESPONSIBILITY FOR THE ARMY CADET UNIFORM
When given an Army Cadet uniform:
- all cadets are responsible for its care, cleaning, custody and return at the end of cadet service;
- replacement of worn uniform parts shall be at public expense where reasonable care has been taken with the uniform;
- issued uniform parts shall not be altered or modified to obtain a reasonable fit; and
- badges shall be sewn on the uniform neatly using thread that blends with the badge and uniform. Badges shall not be glued.

GENERAL APPEARANCE OF THE UNIFORM
In caring for the cadet uniform, the cadet shall:
- ensure it is free from lint and dirt;
- polish metal pieces where applicable;
- ensure the badges are properly affixed to the uniform using thread that blends with the badge and uniform;
- clip any loose threads that may appear; and
- perform any routine maintenance that may be required to keep the uniform sharp and in good repair.

BERET
The Army Cadet beret shall be worn as follows:
- the beret is placed evenly on the head with the sweat-band 2.5 cm above the eyebrows;
- the badge is centred over the left eye;
- the crown of the beret is pulled downward to the right and rear; and
- drawstrings are tacked inside the gap of the sweat-band.
Insignia shall be worn on the beret centred on the built-in back plate with the base of the badge 1 cm above the band. For highland dress, the badge can be centred on the built-in back plate of the left side of the Glengarry, Balmoral or Caubeen.

Royal Canadian Army Cadet Dress Instructions

Care of the beret includes:
- ensuring that it is free from lint and dirt;
- polishing the badge when required; and
- washing the leather sweat-band when required.

WIDE BRIMMED TAN SUMMER HAT

The wide brimmed tan summer hat may be worn during summer activities for which the beret is not suitable.

TOQUE

The toque may be worn outside when weather conditions dictate.

Shoulder Title- Shall be worn on both sleeves of the cadet jacket

Maple Leaf- Shall be worn on both sleeves of all authorized cadet uniform jackets, except the combat uniform jacket worn by staff cadets at a CSTC. Must be worn on the left breast of the all-season jacket.
Cadet Slip-on- Shall be worn with the short sleeve orders of dress and overcoats at cadet corps and by staff cadets on all orders of dress at CSTC.

Cadet Armlet- May be worn by staff cadets holding training appointments at a CSTC. The armlet shall contain the RCAC shoulder title badge and the appropriate acting rank badge. Approval must be given by the CO of the affiliated unit for cadet corps to wear the insignia of the affiliated unit.

Shirt, Cadet, Short Sleeve- May be worn with tie, ascot or open neck, with or without jacket. Rank slip-ons shall be worn with the short sleeve shirt.

Undershirt- The olive green cotton T-shirt may be worn with the appropriate orders of dress.

Grey Sports T-shirt- Shall be worn tucked inside the sports shorts during physical activities.

White Undershirt- May be worn with any order of dress. The undershirt shall not be visible at the neck opening.

Sweater, Turtleneck, Long Sleeve- Sweaters may be worn with or without the jacket, but the jacket shall be worn when going to and from the corps location. Sleeves shall not be rolled or pushed up the arm.

Uniform Jacket- The jacket shall be worn fully buttoned except the top button. Sleeves shall be rolled pressed with no creases. Jackets may be removed in buildings and offices when authorized.

Jacket Belt- Shall be worn so as the excess of the belt, once attached, is on the same side as the buttonhole flap. The buckle shall be adjusted so that the excess of the belt is not more than 8 cm.

All-season Jacket- May be worn year round when weather conditions dictate. RCAC crest must be worn on the left breast of the all-season jacket. The liner and the exterior jacket may be worn separately or as a set. Rank slip-ons shall be worn on both. Medals, ribbons and sashes may be worn on the all-season jacket for outdoor parades.

Necktie- Shall be knotted neatly using a Windsor or four-in-hand knot and shall be kept tight. When the jacket is removed, the tie shall not be tucked into the shirt, unless for safety reasons.
**Nametag**- Can be obtained locally. The standard cadet name tag shall be detachable, made of black and white laminated plastic plate 6.3 cm in length and 1.2 cm in height, inscribed with white lettering 0.6 cm high, and shall indicate the surname of the cadet only.

**Sash**- Cadet CWO’s, MWO’s, WO’s and Sgt’s are authorized to wear a sash, provided it respects the affiliated unit’s dress regulations. Army sashes are crimson or scarlet depending on the rank. The sash is a parade accessory that can be worn at the local unit. The sash is only authorized on the authority of the CO.

**Black Wool Gloves**- May be worn when weather dictates, or shall be worn when ordered.

**Black Mitts**- Plain black civilian pattern mitts may be worn with the overcoat, parka or all-season jacket during winter dress periods and when weather conditions dictate.

**Trousers**- Will be pressed without starch so as to have creases down the centre of each leg. Creases shall extend from the top of the leg to the bottom. The length of the trousers should extend to the third eyelet of the ankle boot.

**Belt**- The trousers shall be worn with a black belt. The CO may authorize the RCAC belt buckle.

**Grey Sport Shorts**- Shall be worn at the waist, and must not allow for the underwear to be visible.

**Grey Wool Socks**- Shall be worn with boots and running shoes. If a cadet suffers from a recognized allergy to wool, grey or black cotton or nylon socks may be worn.

**Running Shoes**- Shall be worn as directed by the cadet corps or the CSTC CO.

**Boots**- Shall be laced across horizontally from side to side. Boots shall not be modified by any type of metal cleats, hobnails or other metal attachments to the heel or sole. No varnish other than shoe polish can be used to shine the boots. The entire boot, to include the sides, heel and toe shall be polished using black shoe polish and a soft polishing cloth. The tongue, welts and outer edge of the sole shall be blackened. Boots should be cared for by:

- cleaning the welts with an old toothbrush and black boot polish;
- using a soft cloth wrapped around the index finger, ensuring it is flat against the pad of the finger without any wrinkles;
- dampening the end of the cloth and applying a moderate amount of black boot polish;
- applying the polish to the boot in a steady, light circular motion, starting with larger circles to cover the area of the boot and using smaller circles, continuously working the polish into the boot;
continuing to rub polish with a circular motion until the circles can no longer be seen; and
breathing on the boot often to help work the polish into the boot.

Boots shall not be modified with any type of metal cleats, hobnails or other metal attachments to heel or sole. Cadets shall not, while polishing:

- apply any heat source to the boot e.g. “burn shine”,
- melt polish,
- use floor polish,
- use oxblood coloured polish, or
- use liquid polish.

GENERAL
Cadets in uniform shall be well groomed with footwear cleaned and shined. The uniform shall be clean and properly pressed at all times. In particular, buttons, fasteners and zippers shall be kept closed. Pockets shall not be bulged; items such as glasses, Sunglasses, glasses cases, pens, pencils, key-rings or paper shall not be visibly extended nor protrude from pockets or be suspended from waist belts or pockets.

MAINTAINING THE CADET UNIFORM

IRONING

There are several points to keep in mind when ironing the uniform:

- Before plugging in the iron, ensure the surface is clean.
- Check the temperature of the iron so that it is not so hot that it may burn the material.
- Ensure the article of the uniform is clean.
- Have a spray bottle of water or can of spray starch handy for creases.
- A damp pressing cloth could be used to prevent parts of the uniform from burning or becoming shiny.
- Some examples of what can be used as a pressing cloth include:
  - thin towel;
  - pillow case;
  - soft cotton cloth; or
  - paper bag.
- Extreme care must be taken when using an iron.

TROUSERS

The trousers/slacks shall must be clean and free from lint at all times. The trousers will present well pressed creases down the centre of each leg in the front and the back. Creases shall extend from the top of the leg to the bottom. A well pressed trouser can be achieved by:

- lining the pant leg up by the seams to ensure the creases are properly positioned at the centre of the front and back leg;
- laying the pant leg flat on the ironing board;
- spraying the pants with water from a water bottle;
- placing a pressing cloth over the pant leg;
- ironing the pants until a sharp crease extends down the centre of each leg in the front and back, from the top of the leg to the bottom; and
- ironing on the same crease each time in order to avoid double creases.

The length of the trousers should extend to the third eyelet of the ankle boot.
SHORT SLEEVE SHIRT
The linden green short sleeve shirt shall be clean and pressed in that:
- the sleeves shall have creases down the centre of the sleeve, centred on the epaulette of the shirt, to the bottom;
- the front and back panels shall be pressed flat without creases;
- the collar shall be pressed flat; and
- the entire shirt shall be free from wrinkles.

TUNIC
The tunic shall be clean and pressed in that:
- the sleeves shall be pressed flat with no creases;
- the front panels and the pockets shall be pressed flat;
- the back panel shall be pressed flat without creases; and
- the collar shall be pressed flat.

BERET WASHING
To clean and care for the beret wash with mild detergent in cold water, wringing out excess water; and remove lint with a lint brush.

BERET FORMING
The beret, while damp, shall be formed in that:
- the beret is correctly positioned on the head as per CATO 46-01;
- the crown is pulled from the left down the right side and to the rear;
- the edge of the right side shall not cover the ear; and
- it is left to air dry as formed.

Never put your beret into a clothes dryer. Because it is made of wool, the beret will shrink. Cadets may be required to attach the brass/cloth cap badge to the beret. When attaching a cap brass to a new beret, a small slit - not to exceed the width of the backing post – shall be cut into the fabric of the beret, centred on the cardboard backing. In the event that a cadet is required to perform such a procedure, the instructor shall demonstrate the proper method for attaching the brass. Cloth cap badges will be affixed to the beret, centred on the cardboard backing, and sewn on with thread that will blend with the badge.

HAIRSTYLES
Hair on the head shall be neatly groomed and conservatively styled. The length, bulk and style of hair shall not preclude the proper wear of the beret. In particular, style and colour shall not be bizarre, bleached, exaggerated or unusual in appearance. Unusual colours such as green, bright red, orange, purple, etc., are not permitted. Hair must be secured or styled back to reveal the face and any accessories used to secure or control hairstyles shall be as unobtrusive as possible. Hair ornaments shall not be worn, except for female cadets conservative barrettes, which are to blend with the hair colour.

Male Hairstyles- Male cadets’ hair shall be taper trimmed at the back, sides, and above the ears to blend with the hairstyle. It shall be no more than 15 cm in length and sufficiently short that, when the hair is groomed and beret is removed, no hair shall touch the ears or fall below the top of the eyebrows.
Sideburns- Sideburns shall not extend below a line horizontally bisecting the ear, and shall be squared off horizontally at the bottom edge and taper trimmed to conform to the overall hairstyle.

Moustaches- When moustaches are worn, the unshaven portion of the face shall not extend outwards beyond the corners of the mouth. Moustaches should be kept neatly trimmed, not greater than 2 cm in bulk, not to extend below the corners of the mouth and not protrude beyond the width of the mouth.

Beards- Beards shall not be worn except for those cadets who are adherents of the Sikh religion, or cadets with recognized medical problems preventing them from shaving. In the latter case, a note from a medical practitioner is required.

Female Hairstyles- Hair shall not extend below the edge of the shirt collar. Exaggerated styles, including those with excessive fullness or extreme height, are not authorized.

Braids- Shall be styled conservatively and tied tightly, secured at the end by a knot or a small-unadorned fastener. A single braid shall be worn in the centre of the back. Double braids shall be worn behind the shoulders. Hair shall be a maximum length, when gathered behind the head and braided, which does not extend below the top of the armpit. Multiple braids and/or cornrows shall be directed to the back of the head, pulled tight to the head and secured at the end by a knot or a small-unadorned fastener. Multiple braids extending below the edge of the collar are to be gathered in a bun. Hairpieces and extensions are not permitted.
MAKE-UP
Females are permitted to wear a minimal amount of make-up. When wearing the uniform, make-up shall be applied conservatively. There are to be no false eyelashes, heavy eyeliner, brightly coloured eye shadow or lipstick, coloured nail polish or excessive facial make-up.

JEWELLERY
The only jewellery that may be worn in uniform shall be a wristwatch (conservative in design and colour), a medical alert bracelet, and a maximum of two rings which are not of costume jewellery nature. Female cadets in uniform may wear a single pair of plain gold, silver stud or white pearl earrings in pierced ears. The single stud earring, worn in the centre of each earlobe, shall be spherical in shape and not exceed 0.6 cm in diameter. Male cadets are not authorized to wear an earring or earrings. Only a single earring or healing device, worn in the centre of each earlobe, may be worn at a time.

TATTOOS AND BODY PIERCING
Cadets shall not acquire visible tattoos that could be deemed as offensive or otherwise reflect discredit on the CCO. Cadets in uniform shall not wear visible body piercing adornments (tongue included). Use of an adhesive bandage for the purpose of covering a piercing is not authorized.

UNDERGARMENTS
Undergarments including brassieres for female cadets, shall be worn under all numbered orders of dress and shall be of an appropriate colour so as not to be visible through uniform items of clothing. Males shall also wear an undergarment under the highland order of dress.

EYEGLASSES/SUNGLASSES
Eyeglasses and sunglasses shall be conservative in design and colour. Sunglasses with photo chromic or mirrored lenses are not authorized for wear. Cadets who normally wear eyeglasses may wear either conventionally framed prescription sunglasses, or conservatively styled clip-on sunglasses when conditions and circumstances dictate. Other cadets may wear conservatively styled sunglasses, which do not detract from the overall appearance of the uniform when conditions and circumstances dictate. Sunglasses shall not be worn on parade day unless authorized by the cadet corps or CSTC CO in special circumstances.

Civilian Clothing- Civilian clothing, other than those specific items listed in CATO 46-01 shall not be worn with the cadet uniform unless authorized by the cadet corps or CSTC CO in special circumstances. This includes but is not limited to civilian jackets and hats.
Backpacks- Civilian pattern backpacks of conservative appearance may either be carried in the left hand or worn suspended from both shoulders and square on the back. No item will be suspended from the backpack and straps and straps shall not be left loose.

Purse- (Female cadets only) The purse must be black and conservative in nature, and held in the left hand or suspended over the left forearm. When the purse is carried as a shoulder bag, the strap shall be suspended from the left shoulder with the top of the purse not higher than waist level. The purse shall not be carried as a shoulder bag with the strap shortened to handbag length.

Carrying of Articles- If any one article is carried, such as a briefcase, umbrella or raincoat, it shall be carried in the left hand. If an article is carried when marching, the left arm is not swung.

Chewing gum, slouching, sauntering, placing hands in pockets, smoking or eating on the street, walking hand in hand, and similar deportment which detracts from a proud and orderly appearance in the eyes of the public is unacceptable for cadets in uniform.

ORDERS OF DRESS
The Army 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 while both sensitive to the multicultural makeup of Canadian society.

C1- Ceremonial Dress
- Beret, shirt with necktie, jacket, trousers with belt, boots.
- Worn with medals on the jacket
- Guards, bands and other parade appointments may wear ceremonial webbing and gloves while on parade.

C2- Routine Training Dress
- Beret, shirt cadet short sleeve, cadet jacket, trousers with belt, boots ankle. May be worn with or without the tie.
- tie or open necked as directed. If open necked order of dress is worn, shirt collar will be outside and over jacket collar.

C2A-Same as C2 without the jacket

C3- Same as C2 but with a sweater

C3A- Same as C3 without the jacket

C4- Same as C2 but with a t-shirt

C4A- Same as C4 without the jacket

C5- Field Training Uniform

C6- Mess Dress-Same as C1 but with white shirt and black bow tie.
SUMMER TRAINING OPPORTUNITIES

It is important for the cadets to understand the training opportunities available to them during the summer so they are aware of what courses they are eligible to attend. It is important for the cadets to know what training opportunities are available to them for future summers in order to plan their progression effectively.

Year One

GENERAL TRAINING (GT) - 2 weeks

The aim of this course is to introduce Army Cadets to the CSTC environment and to expose them to specialty training courses.

LOCATION

![Map of Canada with CSTC locations marked]

REQUIREMENTS OF THE COURSE

Cadets must participate in certain performance requirements during GT. These requirements include:

- introduction to expedition;
- introduction to marksmanship;
- introduction to music;
- introduction to ceremony;
- introduction to sports and fitness;
- CF familiarization;
- communications; and
- adventure training.

ADDITIONAL TRAINING OPPORTUNITIES PROVIDED DURING THE COURSE

GT also offers additional opportunities which are common to all CSTC Program courses, such as:

- weekly parades;
- life skills;
- recreation sports;
- swimming; and
- a graduation parade.

YEARS TWO

Summer training can be looked at like choosing a path. Though cadets are not limited to staying on one path of training, it is an option that allows them to progress in an area of their interest. All Green Star Cadets will complete the GT course before moving into the various series of courses of training. The various series of courses available to second year cadets are:

**Basic Drill and Ceremony**

The aim of this three-week course is to provide cadets with the fundamentals of followership, teamwork and leadership training, building upon what has been taught in Red Star of the Corps level program. This aim will be accomplished by the development of self-confidence, knowledge and skills, and by providing ample opportunity for practical application. By establishing a dynamic learning environment that exposes the cadet to a variety of followership, teamwork and leadership opportunities, this course will inspire the cadets to further pursue leadership training at the Corps and on the Drill & Ceremonial Instructor course.

**Basic Fitness & Sports**

The aim of this three week course is to provide cadets with the fundamentals of fitness and recreational sports training, building upon what has been experienced at the Corps. This aim will be accomplished through the development of skills and the provision of ample opportunity for practical application. The course will promote the development of ethical sports conduct, sportsmanship and teamwork. By establishing a dynamic learning environment that exposes the cadets to a variety of fitness and recreational sports opportunities, this course will inspire the cadets to further pursue fitness and recreational sports training at the Corps and on the Fitness & Sports Instructor course. The cadets will be provided with the basic theoretical, technical, and practical skills required to assist in the delivery of the Corps fitness and recreational sports training program.

**Basic Expedition**

The aim of this three-week course is to provide cadets with the fundamentals of expedition training, building upon what has been taught in Red Star of the Corps program. This aim will be accomplished through the development of knowledge and skills, and the provision of ample opportunity for practical application. By establishing a dynamic learning environment that exposes the cadets to the various aspects of a 5-day Expedition, this course will inspire the cadets to further pursue Expedition training opportunities at the Corps and on the Expedition Instructor Course.

**Basic Marksman**

The aim of this three-week course is to provide cadets with the fundamentals air rifle marksmanship, building upon what has been experienced at the Corps. This aim will be accomplished through the development of skills and the provision of ample opportunity for practical application. The course will promote the development of marksmanship competition, sportsmanship and teamwork. By establishing a dynamic learning environment that exposes the cadets to a variety of air rifle marksmanship opportunities, this course will inspire the cadets to further pursue Marksmanship opportunities at the Corps and Air Rifle Marksmanship Instructors Course, or the Fullbore Marksman Phase I Course. The cadets
will be provided with the basic theoretical, technical, and practical skills required to assist in the delivery of the Corps marksmanship program.

**Pipe Band Basic Musician**
The aim of this course is to develop the music proficiency of cadets and prepare them to support their Corps Pipe bands and related music activities. As well, they will experience some aspects of Army Cadet training to help them in their future course selections of the Army CSTC program.

**Military Band Basic Musician**
The aim of this course is to develop the music proficiency of cadets and prepare them to support their Corps bands and related music activities. As well, they will experience some aspects of Army Cadet training to help them in their future course selections of the Army CSTC program.

**YEAR THREE**

The aim of third year courses is to provide cadets with the fundamentals of leadership and instruction, building upon what has been taught in Silver Star at the Corps level. This aim will be accomplished by the development of self-confidence, knowledge and skills, and by providing ample opportunity for practical application. The various series of courses available to third year cadets are:

**Drill & Ceremonial Instructor**
The aim of this six-week course is to develop a specialist with the skills and subject matter knowledge required to be an instructor for drill and ceremonial activities. The aim will be accomplished by further developing drill and ceremonial related specialist skills and knowledge that will allow them to perform the duties of a specialist instructor for ceremonial activities. By establishing a dynamic learning environment that exposes the cadets to a variety of drill and ceremonial opportunities, this course will prepare the cadets to assume a specialist parade position at the Corps and CSTCs.

**Fitness and Sports Instructor**
The aim of this six-week course is to develop a specialist with the skills and subject matter knowledge required to perform the role of a fitness and sports instructor and a team leader for fitness and sports activities conducted at the Corps, during regionally directed activities and/or as a staff cadet at a CSTC. The aim of the course will be accomplished by providing dynamic and challenging training that includes ample opportunity for practical application. The cadets will learn theoretical and technical skills required to deliver the Corps physical education and recreational training program as specialist instructors. This course will ensure that the cadets are adequately prepared to face challenges at the Corps and as Staff Cadets at the CSTCs.

**Expedition Instructor**
The aim of this six-week course is to develop a specialist with the skills and subject matter knowledge required to be an instructor and team leader for Expedition activities within the Army cadet program. The aim will be accomplished by providing dynamic and challenging training that offers ample opportunity for practical application during a 18-day Expedition. The cadets will learn advanced theoretical and technical skills required to assist in the delivery of Expedition Training at the Corps. This course will ensure the cadets are adequately prepared to face challenges at the Corps and as staff cadets.
Air Rifle Marksmanship Instructor
The aim of this six-week course is to develop individual air rifle marksmanship and summer biathlon specialty skills while reinforcing and further developing the leadership and instructional techniques skills preparing the cadets to support these two specialty activities at the Corps, during regionally directed activities and/or as a staff cadet at a CSTC. The cadet will be provided with the necessary theoretical, technical, and practical skills required to monitor and instruct other cadets during marksmanship training at the Corps.

Fullbore Marksman Phase I
The aim of this six week course is to develop a specialist with the attitude, skills and subject matter knowledge required to participate in competitive fullbore marksmanship as an individual competitor. The cadet will be provided with the necessary theoretical, technical, and practical skills required to participate as a largebore 5.56mm rifle competitor. The cadet will participate in the Canadian National Cadet Fullbore Championship. Must be motivated to pursue marksmanship training and be selected based on participation on the Basic Marksmanship Course, their standing on the Zone Level of the Canadian Cadet Marksmanship Championship and a postal return of their top 6 air rifle grouping targets.

Pipe Band Intermediate Musician
The aim of this Course is to raise the cadet’s musical skills to the standard of the next music proficiency level (level 2-3). This training is to develop the music proficiency of cadets and prepare them to support their Corps Pipe bands and related music activities. During this six-week course, instruction is also given in highland traditions, instrument maintenance & repair and other music-related skills, while the more senior levels also learn some Instructional Techniques relating to music. Note – depending on music proficiency, cadets may undertake this course more then once.

Military Band Intermediate Musician
The aim of this Course is to raise the cadet’s musical skills to the standard of the next music proficiency level (level 1 or 2). This training is to develop the music proficiency of cadets and prepare them to support their Corps bands and related music activities. During this six-week course, instruction is also given in instrument maintenance & repair and other music-related skills, while the more senior levels also learn some Instructional Techniques relating to music. Note – depending on music proficiency, cadets may undertake this course more then once.

YEAR FOUR- Advanced Training and Exchanges

Leadership & Challenge
The aim of this six week course is to develop a specialist with the skills and subject matter knowledge required to be an instructor and team leader for Expedition activities within the Army cadet program. The aim will be accomplished by providing dynamic and challenging training that offers ample opportunity for practical application. The cadets will learn advanced theoretical and technical skills required to assist in the delivery of Expedition Training at the Corps. This course will ensure the cadets are adequately prepared to face challenges at the Corps and as staff cadets.

Canadian Forces Basic Parachutist
The aim of this five-week course is to develop a specialist with the skills and subject matter knowledge required to be a CF Basic Paratrooper. The aim will be accomplished by
cadet undertaking the Canadian Forces Basic Parachutist Course with the Canadian Forces Advanced Land Warfare Centre.

**United Kingdom Exchanges – Outward Bound Wales**

(ObW) – Outward Bound Scotland (OBS) – Maple Leaf Exchange (MLE) - The aim of these six-week exchanges are to introduce cadet to the training in the Army Cadet Force in the United Kingdom in Wales, Scotland and England as well as providing cadets an opportunity to participate in cultural activities and touring.

**Staff Cadet**

Staff cadets are the NCOs of the Summer Training Centres. A staff cadet can assist the officer staff with the instruction and supervision of cadets, or might be tasked in an administrative or logistical support role. Rank and pay for staff cadets depend upon the position; this is usually determined during a pre-course training and evaluation period.

**Fullbore Marksman Phase II**

The aim of this seven-week course is to develop a specialist with the attitude, skills and subject matter knowledge required to participate in competitive fullbore marksmanship as a member of a competitive team. The cadet will be provided with the necessary theoretical, technical, and practical skills required to participate as a largebore 7.62mm rifle competitor. The cadet will participate in the Canadian National Cadet Fullbore Championship, the Ontario Rifle Associations’ Provincial Fullbore Championship and the Dominion of Canada Rifle Associations’ National Fullbore Championship.

**Royal Canadian Army Cadets National Rifle Team**

The aim of this eight-week course is to develop a specialist with the attitude, skills and subject matter knowledge required to participate in competitive fullbore marksmanship as a member of a competitive team at the international level. The cadet will be provided with the necessary theoretical, technical, and practical skills required to participate as a largebore 7.62mm rifle competitor. The cadet will participate in the Canadian National Cadet Fullbore Championship, the United Kingdoms International Fullbore Championship in Bisley, England and the Dominion of Canada Rifle Associations’ National Fullbore Championship.

Many cadets will have the opportunity to attend summer training centres after completing the green star program 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.
TOUR OF THE CADET CORPS

Being familiar with the location of all the corps facilities can aid the cadets in following instructions, finding information and participating in corps activities.

PARADE SQUARE
The parade square is where cadets have parades. It is where inspections and drill classes usually take place and where the corps holds parades and other ceremonial events. Appropriate corps protocols should be followed regarding the parade square.

CLASSROOMS
Classrooms are the areas where cadets participate in most of their training. The classroom space must be respected, especially in facilities that are shared with other groups. Anything that does not belong to the corps should be left alone. Protocol for entering and leaving the classroom should be followed.

BREAK AREAS
Break areas are where the cadets should be when not tasked. The corps guidelines for the use of the area should be discussed.

CANTEEN
The canteen is a store for snacks and other items. The money raised through the canteen may be used to benefit the corps. Hours of operation, personnel responsible and how the money is used should be discussed.

WASHROOMS
The location of the facilities should be pointed out.

COMMUNICATIONS AREAS
Communications areas could include bulletin boards, activity sign-up sheets, and the location of the standing orders and routine orders. The standing orders contain corps policies. The routine orders contain information on duties, events, activities and personnel changes. Authorization to post information should be discussed.

COMMANDING OFFICER’S OFFICE
If the CO is available, they should introduce themselves and state briefly what they do. If the CO is not available, the tour guide will provide this information. The CO is at the top of the chain of command within the corps. The CO is responsible for the training and administration of the cadets, civilian instructors and officers working with the corps. Cadets will normally only visit the CO’s office at the CO’s request, or if directed by another officer. Protocol for entering and leaving an office should be reviewed.

ADMINISTRATION OFFICE
If the administration staff is available, they should introduce themselves and state very briefly what they do. If they are not available, the tour guide will provide this information. The Administration Officer (Admin O) is responsible for handling the administrative duties. They are responsible for ensuring forms such as cadet enrolments and summer training applications are completed in full and returned in a timely fashion. They could also be responsible for ensuring attendance is taken for all corps activities. Other administrative staff may include assistant administration officers. Cadets may need to go to the administration office to complete paperwork, report absences or to pick up forms. Protocol for entering and leaving an office should be reviewed.
TRAINING OFFICE
If the training staff is available, they should introduce themselves and state very briefly what they do. If they are not available, the tour guide will provide this information. The Training Officer (Trg O) is responsible for the coordination and implementation of the corps training program. They are responsible to ensure that training is planned in a logical fashion, instructors are prepared for classes and training materials are readily available for classes. They are also responsible for any administrative forms that are directly related to training, such as training records. Other training staff could include an assistant Trg O, standards officer and level Trg Os. Cadets will normally only visit the training office if the training officer has requested them, or they have been directed by another staff member or cadet NCO. Protocol for entering and leaving an office should be reviewed if applicable.

SUPPLY OFFICE
If the supply staff is available, they should introduce themselves and state very briefly what they do. If they are not available, the tour guide will provide this information. The Supply Officer (Sup O) is responsible for ordering uniform parts, issuing uniforms parts as necessary and distributing other equipment. They are responsible for all administrative forms that are directly related to supply. Other supply staff could include assistant Sup Os. Cadets will normally visit the supply office to receive their uniform and to exchange items that no longer fit or have become damaged. Appointments may be necessary. If the supply section has specific hours when it is open to cadets, these hours should be stated. Protocol for entering and leaving an office should be reviewed, if applicable.

OUT OF BOUNDS AREAS
Any areas that are out of bounds to cadets should be pointed out. The consequences for violating this policy should be explained.
Motivated by the American Civil War and the threat of the Fenian Raids, Canada’s first school cadet units were formed between 1861 and 1865, several years before Confederation. These early cadet units were called “drill associations” – because in those days drill was not a parade square exercise but the method of maneuvering troops in battle. These early drill associations could have included members ranging in age from 13 to 60, so it might be argued that they were not really cadet corps but auxiliary militia companies.

The distinction between high school cadets and adult militiamen became clear in 1879 when the Militia General Order 18 authorized the formation of 74 “Associations for Drill in Educational Institutions,” for young men over 14 years of age who were “upon no account to be employed in active service.” The cadets provided their own uniforms. The cadets in the photograph below imported their uniforms from Scotland – at such great expense that only one youth per family could afford to belong.

The 74 drill associations authorized in 1879 included 34 in Ontario, 24 in Quebec, 13 in the Maritime provinces, 2 in Manitoba, and 1 in British Columbia. Canada’s oldest continually serving cadet corps is No 2 Bishop’s College School Cadet Corps in Lennoxville, Quebec – formed by the authority of Militia General Orders of 06 Dec 1861.

By 1887 the drill associations had detailed regulations governing their formation and activities. Arms and other equipment were issued to those schools that agreed to provide military training to boys over the age of 12 provided the school supplied accommodations and instructors, kept attendance records, and members supplied their own uniforms. This increased support was motivated in part by the campaign against the North-West Rebellion of 1885.
The term “Cadet Corps” appeared for the first time in Ontario in 1898, along with a provision that Corps instructors would be a member of the school teaching staff, instead of an instructor from the local militia unit. Militia General Orders #60 and #61, of 1899, first authorized Cadet Corps to be attached to militia units, limiting membership to young men 14-19 years old.

In 1904, the current numbering system was established to identify cadet corps in their sequence of formation. In 1908 a cadre of commissioned officers was formed comprising of school teachers whom the Department of Militia and Defense trained and paid to conduct drill and physical training in participating schools. This office cadre was called the Cadet Services of Canada; it was a component of the Canadian Army and the forerunner of the current Cadet Instructor Cadre. This arrangement between the Federal Government and local school boards contributed significantly to the development of physical education programs in Canadian schools.

In 1910, Sir Donald Alexander Smith – Lord Strathcona – the Canadian High Commissioner to Britain, deposited in trust with the Dominion Government $500,000, bearing annual interest at 4%, to develop citizenship and patriotism in school cadets through physical training, rifle shooting, and military drill. Nearly a century later, the Strathcona Trust is still providing equipment for cadet training. About $50,000 is disbursed each year to Strathcona Trust committees across Canada.
Young women have participated unofficially in cadet training almost from the beginning. You could always find a cadet corps somewhere that paraded a female platoon or company, in some semblance of uniform. But these unofficial female cadets could never lawfully be trained, issued uniforms or equipment, fed, transported or allowed to attend summer training. The problem was solved on 30 July 1975 when Parliament passed Bill C-16, amending the relevant legislation by changing the word “boys” to “persons”, thereby permitting females to become members of the Royal Canadian Army Cadets.
The Army Cadet organization flourished during the beginning of the 20th century. Some 40 000 former Army Cadets served in Canada's forces during World War One, and by the end of the war there were about 64 000 cadets enrolled in Army Cadet Corps across Canada.

The 1928 "Regulations for the Cadet Services of Canada" directs Army Cadet leaders to ‘impart mental, moral, and physical training to their Cadets and [seek] to develop in them principles of patriotism and good citizenship.” It goes on to recommend about cadet training, “The exercises need not be of too rigid a military pattern. Discipline, individual and collective, is essential, and drill of an elementary character is to be encouraged, but gymnastic exercises, physical drill, signalling, scouting, swimming, despatch riding, bridge building, map reading, and all forms of training that tend to produce physical fitness, mental and bodily alertness, individuality, self-reliance, and resourcefulness in emergencies are to be regarded as of not less value than military drill pure and simple.”

When World War II began, public interest in cadet training was revived and cadet corps were formed in many high schools. It is estimated that nearly 124 000 former Army Cadets served in Canada’s forces during WWII, with more than 19 000 receiving commissions and over 2 700 awarded decorations.

In 1942, in recognition of the significant contribution of former cadets to the war effort, His Majesty King George VI conferred the title “Royal” on the Royal Canadian Army Cadets and accepted the appointment of “Colonel-in-Chief” of the Royal Canadian Army Cadets. HRH Prince Philip, Duke of Edinburgh, presently holds this appointment.

The 1944 “RCAC Training Programme” lists Fundamentals, Health and Physical Education, Drill and Command, Small Arms Training, Knots…, Fieldcraft, Signalling, Band, First Aid, Woodcraft, Use of Maps, Organized Sports, I.C. (Internal Combustion) Engines, Weapon Training, and Instruction as authorized training subjects. Corps were assessed at their Annual Inspection and rated as to their efficiency (ability to show cadets were trained in all subjects) – the corps would then receive funding based on their annual inspection score!

After World War II, quotas were imposed reducing Canada’s total Cadet force to about 75,000 members. Many of the “closed” corps – those whose membership was restricted to the students in one particular school – were disbanded – or withered away after their school made membership voluntary; some of them became “open” corps – training in militia armories or in Legion halls or, acquiring their own buildings. The Korean War stimulated growth among these “open” corps in the 1950s and 1960’s.

1956, Her Majesty Queen Elizabeth authorized a new design for the RCAC crest, including the motto “ACER ACERPORI” “As the maple, so the sapling”.

During the period 1964-66, the Canadian Forces underwent a complete reorganization. This culminated in unification of the CF on 01 Feb, 1968. At this time, the Cadet Services of Canada became the Cadet Instructors List, and the Directorate of Cadets was formed at National Defence Headquarters (NDHQ). In 1970 the day-to-day control of the cadets was passed to the functional commands.

In 1977 a new uniform (dark green to match the colours of the postunification Army uniforms) was issued to Army Cadets, replacing the wool tunics, pants and putties.

ARMY CADET SUMMER TRAINING CENTRES

Throughout the history of Army Cadets, summer training camps existed across Canada. Most camps were about 10 days long and provided an opportunity for collective training in sports, signaling, marksmanship and drill. The Canadian Technical Trades Training Corps was formed June 4th, 1943. It enrolled young men of 16 for training as electricians, machinists, draftsmen, surveyors, clerks, and auto mechanics; so that they could complete trades training by 19 and be directly enrolled into the Canadian Army. This program was adopted by the emerging Army Cadet Camps as a model for training.
IPPERWASH ARMY CADET CAMP

In the summer of 1943, Army Cadet Camps were organized in eleven locations across Canada. In the summer of 1947, the first six-week camp was held at the Ipperwash Military Camp on Lake Huron, North of Sarnia, Ontario. Cadets attended Basic Training, Signaling, Driver-Mechanics, and Senior Leaders courses. In 1994, because of a First Nation land claim, the Ipperwash Army Cadet Camp moved to Canadian Forces Base Borden, and was renamed the Blackdown Army Cadet Summer Training Centre.

BANFF NATIONAL ARMY CADET CAMP

The National Army Cadet Camp was established in 1949 at Banff, Alberta, as a reward for cadets who had completed their Master Cadet requirements. Leadership training was stressed along with the outdoor challenges of mountaineering, all within the territory of Banff National Park.

In 1999, the facilities at Banff were closed and the Rocky Mountain National Army Cadet Summer Training Centre was established nearby in Cochrane, Alberta. The Leadership and Challenge Course remains the premier training course for Army Cadets.

VERNON ARMY CADET CAMP

Vernon Army Cadet Camp conducted its first 6 week Army Cadet courses the summer of 1949. Along with trades training, courses were held in life saving, hunter safety and music. Cadets were also offered opportunity to write, or rewrite high school exams. The camp has since been renamed Vernon Army Cadet Summer Training Centre.

ARGONAUT ARMY CADET CAMP

As early as the 1930’s, cadets in Atlantic Canada attended summer training at places like Camp Utopia, New Brunswick, and Camp Aldershot, Nova Scotia. Camp Argonaut, now called Argonaut Army Cadet Summer Training Centre, was established at CFB Gagetown in 1972. It’s still a mystery where the camp got its name.

VALCARTIER ARMY CADET CAMP

Summer training at BFC Valcartier started in 1968 with cadets attending 2 and 6 week course (CL, CLI, and specialty training in marksmanship, physical education and driving). In the 80’s Valcartier was home to the pre-course for the Basic Parachutist Course, as well as Arctic Indoctrination and Photography. A new facility was built in 1996 and renamed Valcartier Army Cadet Summer Training Centre. It is currently the largest Cadet Summer Training Centre in Canada with over 2 600 cadets attending each summer.

WHITEHORSE CADET CAMP

Whitehorse was chosen in 1973 as a summer training location for cadets from Canadian Forces Northern Area. In 1983 the camp was moved to its present location outside the city. The camp is in the wilderness, with easy access to mountain, hiking, river and lake training sites. In the early years, bears and moose were common visitors to the camp, including the parade square! WCC was renamed Whitehorse Army Cadet Summer Training Centre.

THE ARMY CADET LEAGUE OF CANADA

The integration of Canada’s armed forces in the early 1970’s caused some fundamental changes to the Army Cadet Organization. Prior to this the Cadet Services of Canada (CS of C) represented the movement at Army Headquarters on behalf of the sponsors, communities and cadet leadership. The CS of C, a sub-component of the Army Reserve with membership on the Canadian Defence Association, had considerable influence in cadet matters. The Air and Sea Cadets were represented by their respective leagues and consequently, pressure was applied to the Army for integrated conformity. The Army Cadet
League of Canada was formed on 01 Apr 1971 to work with the Department of National Defence to assist in the administration of the Army Cadet movement.

The Charter of the Army Cadet League of is to carry out the following tasks:

a. to encourage and promote public interest in and support of the Royal Canadian Army Cadets;

b. to ensure that Army Cadet units are formed wherever appropriate and practicable and that each Army Cadet unit is effectively sponsored and supported within the community;

c. to consult with and advise the Department of National Defence and its appropriate subordinate headquarters in respect of development of policies and aims of the Royal Canadian Army Cadets;

d. to make recommendations to military authorities on the enrollment, promotion, and release of officers of the Cadet Instructor Cadre;

e. to collect, receive, hold and invest funds and property from contributions, gifts, grants, subscriptions or legacies, and to use such funds, subject to donors' directions, for the benefit of the Royal Canadian Army Cadets; and,

f. to establish branches of the Corporation in various parts of Canada, and to do all those things that are lawful and appropriate to accomplish the objects of the Corporation. Such objects to be carried out in more than one province of Canada.

RECENT HISTORY

On 20 Aug, 1985, at the National Army Cadet Camp in Banff, Alberta, His Royal Highness Prince Philip, Colonel-in-Chief, presented the Royal Canadian Army Cadet Banner, the Royal Canadian Army Cadet Pipe Banner and the Royal Canadian Army Cadet Trumpet Banner.

In 1987 the enrolment age was returned to 12 years old. In 1999 the Army Cadet program was updated to its modern form, and “Adventure and challenge” were as the principle elements of Army Cadet training. Updated Cadet Reference and Pocket Books were completed in 2001.

The history of a corps is a source of pride for those within it. Understanding the history of the corps allows the cadet to see what has shaped the unit since its inception and recognize the progress it has made in numerous areas.

CORPS AWARDS AND ACCOMPLISHMENTS

There are a number of ways that a corps can be recognized. The recognition may come from winning a competition, or for demonstrating excellence in a particular area. These awards can be won on provincial, regional, national, and in some circumstances, international levels. Many opportunities exist for cadets to win awards at all levels of the Canadian Cadet Organization (CCO). Cadets winning such awards reflect well upon the corps. Memorial awards are awards that are left in memory of someone that has made significant contributions to the local corps or the CCO. Memorial awards that may be given are an important source of historical information within the corps. Outside of awards, there are a number of other cadet accomplishments that make up a fundamental part of the corps history. They include, but are not limited to:

- civilian careers of former cadets; and
- military careers of former cadets.
3069 1 Field Amb RCACC History

1. 3069 (1 Fd Amb) RCACC St. Albert started off as Company of 2981 RCACC in Jun 2001 then branched off the 1st of Jun 2002, officially becoming 3069 (1 Fd Amb St Albert) RCACC. The founding officers were:
   Capt. W.L. Dickson, Commanding Officer;
   CI (F) N. Crann, Adm O;
   CI (M) Q. Tadman, Trg O;
   CI (M) J. Zotek, Sup O; and
   WO M. Curtain, CSM.

2. 3069 (1 Fd Amb St Albert) RCACC paraded from 1 June 2001 until 1 June 2003 at St. Albert Senior Centre in St. Albert, AB. The unit presently parades at St. Albert Alliance Church, Villenueve Rd, RR 1, St. Albert, Ab.

3. Capt. W. L. Dickson was appointed Commanding Officer of 3069 (1 Fd Amb St Albert) RCACC from 1 June 2002 until 1 April 2004, CWO Tarnowski as RSM.

4. Capt. H. F. Tadman was appointed Commanding Officer from April 2004 to 1 July 2004. CWO K. Tarnowski as RSM.

5. Captain Bea M. DeLong was appointed Commanding Officer from September 2004 to October 2007. CWO Caldwell as RSM.

6. Capt. Ron Lougheed was appointed Commanding Officer from October 2007 to April 2009. CWO Hawirko and then CWO Faulkner as RSM.

7. Presently our Commanding Officer is Capt. Jonathan Gloss who was appointed CO in April 2009 and his RSM is CWO Amanda Wytinck.

8. Cadets of 3069 (1 Fd Amb) RCACC St. Albert regularly volunteer at various occasions in the local community. They can be seen participating at the Poppy Blitz, Light Up St. Albert., Sturgeon Craft Sale, various fund raising events for the corp. and supporting the St. Albert Alliance church whenever possible.

9. The Unit was also honored when it was awarded the Best Urban Army Cadet Corp in 2006.

10. Our Affiliated Unit is 1 Field Ambulance of the Regular Force and our Sponsor is the St. Albert Royal Canadian Legion Branch 271.

History of 1 Field Ambulance

This year marks the 114th anniversary of the formation of 1 Field Ambulance. It was not until 1898 that the Canadian Militia following the customs of the British Army created Bearer Companies. The first of these, designated No. 1 was established in
Military District No. 6 at Halifax on, 1 July 1898. By 1906, the term Bearer Company had been dropped and the Halifax Company became No. 1 Field Ambulance.

During World War 1, 1 Field Ambulance provided medical support for the battle of St. Julien, Ypres, Passchendael, Arras, Cambrai, Monchy Le Preux and Vimy. In 1919, 1 Field Ambulance returned to Canada and, like most units, reverted to reserve status. In the quiet days between WW1 and WW2, 1 Field Ambulance continued life as a reserve force unit in Kingston, Ontario. In 1942, with the west coast threatened by the Japanese, additional units were raised in Canada for home defence. Among them was No. 1 Field Ambulance, Canadian Army Active Service Force. It had been mobilized in Kingston in March of that year and served with the 14th Infantry Brigade in Terrace BC as part of the 8th Infantry Division. By February 1945, when the danger to Canada’s west coast had diminished, 1 Field Ambulance was disbanded and the majority of its personnel shipped overseas as reinforcements to the Canadian Medical units operating in North West Europe.

Among the units selected for embodiment in the Regular Army following the Second World War was No. 37 Light Field Ambulance, which was authorized on 27 June 1946. The following year the unit was reduced to nil strength. In 1949, the unit was again reactivated as No. 37 Field Ambulance and engaged in its primary role of training Medical Corps personnel and providing medical assistance to the civil power. Although stationed in Camp Borden in those formative years, its members gained experience and training in many parts of Canada. Much time was spent assisting the civil authorities. Perhaps one of the best examples of this was in exercise “Redramp” when 37 Field Ambulance was sent to Winnipeg to assist in the removal of hospital patients threatened by rising flood waters. For four days, 13-17 May 1950, with food and rest snatched when the opportunity allowed, the unit evacuated patients to safer surroundings. On 28 May, with the flood waters subsiding, the unit began the task of returning the evacuees. By 6 June, with their task completed, the unit was sent back to Borden. 1 Field Ambulance would return to Winnipeg almost 47 years later to the day to once again assist the citizens of Manitoba in protecting themselves from what became known as the flood of the century.

In response to Canada’s commitment to the Korean Conflict, the Royal Canadian Army Medical Corps (RCAMC) activated 37 Field Ambulance to accompany the Canadian Special Forces to Korea. Upon return to Canada, 37 Field Ambulance was again stationed at Camp Borden. On 16 December 1953, 37 Field Ambulance was redesignated 1 Field Ambulance and on 17 November 1957, went to Europe to join 4 Canadian Infantry Brigade Group. On 1 July 1970, 1 Field Ambulance was disbanded in Europe and replaced with 4 Combat Medical Support Unit. 1 Field Ambulance was subsequently reformed and moved to Gagetown NB. The unit moved again in January 1975 to CFB Calgary and finally took up residence at Garrison Edmonton in 1997.

During the unit’s stay in the Calgary area, several outstanding achievements were attained. On 25 June 1975, 1 Field Ambulance set the world record for a litter march. This was accomplished by carrying a patient weighing no less than 140 lbs a distance of 80.4 miles non-stop in 24 hours and 25 minutes. The record was subsequently broken by the Australian Army, but 1 Field Ambulance broke the record again and regained the title. Members of 1 Field Ambulance have served on UN peacekeeping and humanitarian assistance missions in Bosnia, Rwanda, Somalia, Honduras, Cambodia, the former
Yugoslavia, the Golan Heights, Cyprus, Iran, Iraq, and Kuwait. The Unit has also deployed on domestic operations in response to the Manitoba Flood in 1997 and 2011, the Eastern Ontario/Quebec Ice Storm in 1998, 2003 British Columbia / Northern Alberta Forest Fires, most recently with the 2010 Vancouver-Whistler Winter Olympic Games.

Immediately following the devastating 2009 Earthquake in Haiti, 1 Field Ambulance provided significant augmentation to 1 Canadian Field Hospital to respond to the Humanitarian crisis there.

Throughout the first decade of the twenty-first century, 1 Field Ambulance has played a significant role in the provision of medical services in support of Canada’s mission to Afghanistan. As the main force generator for several rotations to the war-torn country, 1 Field Ambulance has been vital to the success Canadian Forces have had in Kabul and Kandahar Province. This unit has been responsible for life saving interventions to countless CF & coalition forces and to members of the local population. And for the first time in decades, members of 1 Field Ambulance paid the ultimate sacrifice in service of Canada in support of this mission. Members of 1 Field Ambulance continue to serve today in Afghanistan building up Afghan forces as part of the Canadian contribution to the training mission in Kabul.