

182 (GM STEFNUFASTUR) GIMLI
ROYAL CANADIAN AIR CADET SQUADRON



ACTIVITIES GUIDE

INTRODUCTION

This document is a summary of the training conducted at 182 (GM Stefnufastur) Royal Canadian Air Cadet Squadron. By no means is this a definitive list but intended to provide a basic reference for cadets and their parents to gain a better understanding of the training program, it's requirements and how the training conducted.

GENERAL

TRAINING LEVELS

The Air Cadet Program consists of Training Levels 1-4 each generally equating to a standard school year (September to May).

Unofficially, the goals of each level are to:

Level 1	The aim of this level is: to give first year cadets a hands-on introduction to aviation subjects; to develop the basic skills required to continue in the program; and to have fun doing it.
Level 2	The aim of this level is to build on what was learned in Level 1, by giving them the opportunity to master previously learned skills and knowledge, develop them as senior team members and be introduced to specific functions of aviation.
Level 3	The aim of this level is to develop the cadet as a team leader, to be able to lead and direct small groups of cadets through basic tasks and drill manoeuvres, while continuing to develop their knowledge of aviation.
Level 4	The aim of this level is develop the cadet as an instructor and/or group leader. During the later part of the training year, level 4 cadets are assigned to instructional teams where they instruct periods of instruction, drill and other practical skills.
Level 4+	Beyond Level 4, the aim is to perfect the cadet's skill as an instructor, develop their skills in organizing and planning, and continue to develop their management and leadership skills through their participating in running the Required program by instructing courses, assessing instructors, coordinating activities and directing specific areas of the program like Drill or classroom Instruction. There are also available activities working in the Squadron's Administration, Training and Supply offices.

PERFORMANCE OBJECTIVES (POs)

The subjects or Performances Objectives (POs) covered vary for each Level but all Level training activities and instruction are categorized as one or more of the following:

- Promoting Healthy and Safe Experiences (PHASE)
- Citizenship (CIT)
- Community Service (CS)
- Teamwork/Leadership (TEAM or LDSP)
- Personal Fitness and Healthy Living (FITNESS)
- Recreational Sports (SPORTS)
- Air Rifle Marksmanship (Range)
- General Cadet Knowledge (GCK)
- Drill (DRILL)
- Instructional Techniques (IT)
- CAF Engagement (CAF)
- Air / Aviation Subjects (AIR)
- Aircrew Survival (SURV)

In order for a cadet to pass/complete their Training Level, they are required to attend a specific number of each category of activities (ie 1 Community Service activity) and a number of practical assessments like Air Rifle Handling (Range) or Physical Fitness (FITNESS) etc. Some activities (like a Team Sports Day) can reasonable be used to meet either the Sports or Teamwork category requirements but not both requirements at the same time.

DURATION OF TRAINING

Cadet training is divided into

- **Period** – One (1) class of instruction in a single subject - 30 minutes long.
- **Session** – Three (3) periods of instruction scheduled together with or without breaks. The periods can all be of the same subject or various subjects. Examples: Regular weekly Parade nights, other weekday evenings activities, Remembrance Day.
- **Days/Activities** – Up to nine (9) periods of instruction, usually of the same subject or purpose, with breaks, all scheduled together on the same day. Meals are provided if the activity runs before and after a meal hour. Parental consent forms are distributed in advance for all activities away from the local area. Examples: Sport Day, Poppy Day, Orienteering
- **Weekend** – At least eighteen (18) periods of instruction over two (2) or more days. Meals are provided if the activity runs before and after a meal hour. Accommodations are provided, if required to stay overnight. A list of items to bring and a parental consent are distributed in advance. Examples: Field Training Exercises, Citizenship Trips, Regional Competitions

The type of training nominally dictates the length of time required. While the basics of Survival training may be conducted during a parade night, practical skills like learning to build and maintain a campfire are usually conducted during weekend training. As Drill is extremely tiring, parades and sequential periods of drill instruction are limited to 3 periods in a row; therefore drill instruction and parades are normally held during regular Parade nights or similar training sessions.

REQUIRED, NON-REQUIRED AND LIMITED TRAINING

Required Training

All training conducted in order for cadets to be able to pass/complete their Training Level is called “**Required (R)**” training and is conducted on:

- Regular weekly “Parade Nights” session on Tuesday Nights from 6:45 to 9:00pm for:
 - Sports and/or Team Sports Nights – (Sports/LDSP)
 - PHASE Training
 - Fitness Testing (FIT)
 - Elemental – Aviation Subjects (AIR)
 - CAF Engagement (CAF)
 - CO’s Parades (DRILL)
 - Local Tours (CIT)
- Supported Sessions – area-directed activities (ADA) normally scheduled online on weekday evenings, including:
 - CAF Engagement (CAF)
- Supported Days – local and area-directed activities (LDA/ADA) normally scheduled once a month, on a weekend or specific dates (ie November 11th) such as:
 - an annual Aircrew Survival Field Training Exercise (Weekend) (LDSP/SURV)
 - activity days for practical skills like:
 - Range or Rifle Handling Testing (Range)
 - Orienteering (LDSP/SURV)
 - Inter-Squadron Sports (SPORTS or TEAM)
 - CAF Engagement tours (CAF)
 - Community Services activities (ie Remembrance Day, Poppy Day etc) (CS)

Attendance is taken at all Required Training to ensure each cadet meets their Level Requirements. As with school or work, cadets who can not attend a particular Required Training function, they are to report, in advance, to the Squadron Offices that they will be absent and the reason(s) why, so alternate arrangements can be made for them to complete their Level Requirements.

Non-Required Training

All other training conducted by the Squadron that is NOT required for cadets to be able to pass/complete their Training Level is called “**Non-Required (NR)**” Training and can include:

- Extra Training Activities - First Aid (CIT), NCO Training Development
- Individual-based Training including Online Ground School, Advanced Leadership training, Music training, or an Effective Speaking Competition
- Regional Team Competitions and Practices – Range, Drill and Biathlon (SPORTS)
- Trips & Tours (CIT) including gliding or flying.

Attendance is taken at all Non-Required Training and is used to decide participation on Summer Training Selection, certain tours or trips, as well as eligibility for Squadron awards and Promotion.

Where a cadet still needs to meet a specific Category requirement to achieve their training level, participation in a similar Non-Required Training activity may also permit them to meet their Level requirements, such as completing in a Regionally-directed Range Team competition could be used to meet either Teamwork or Rifle category requirements.

NOTE: In order for a cadet to participate in Non-Required Training, they must have attended or been "Excused" from the most recent Parade Nights.

Limited Training Activities

Not all activities are open to all cadets who wish to participate, activities which have limits on the number of participants are called "**Limited (L)**".

Where an activity is limited, cadets will generally be canvassed on a first-come, first-served basis but priority will be given to those cadets who specifically need to attend in order to meet their Level Requirements. However, for high interest activities that may be considered a reward such as participation on a trip, priority will be based on Merit including participation in Non-required Training and percentage of attendance at Required Training.

LEVEL REQUIREMENTS**LEVEL 1**

In Level 1, a cadet must complete the following to achieve the qualification:

PO	Requirement	Options
Parade Nights		
PHASE	Attend 1 period of PHASE instruction	3 periods / year
Sports	Attend 2 Physical Activities (6 periods)	3 Sports Nights / year
Personal Fitness (FIT)	Participate in Physical Fitness Testing	2 Fitness Testing Nights / year
Drill	Attend 5 Formal Parades (9 periods)	1 ACR 7 CO's parades
CAF Engagement (CAF)	Attend 1 CAF Engagement Session/Day	Mess Dinner CAF Member Presentations* CAF Engagement Tour*
Aviation (AIR)	Attend a minimum of 18 Periods of Aviation Training	12 Parade Nights (2 pd each) other than those listed above
Other Weekdays*		
Citizenship & Community Service (CIT/CS)	Attend 2 Activities	4-5 activities / year including Remembrance Day, Poppy Day, Legion Tea, First Aid Day
Teamwork/Leadership (TEAM)	Attend 1 Teamwork Activity	2-3 activities / year including Sports Day, Survival FTX, Orienteering day
Air Rifle Marksmanship (Range)	Pass - Air Rifle Handling Test	2 Range Days / year Range Nights

LEVEL 2

In Level 2, a cadet shall complete the following to achieve the qualification:

PO	Requirement	Options
Parade Nights		
PHASE	Attend 1 period of PHASE instruction	3 periods / year
Sports	Attend 2 Physical Activities (6 periods)	3 Sports Nights / year
Personal Fitness (FIT)	Participate in Physical Fitness Testing	2 Fitness Testing Nights / year
Drill	Attend 5 Formal Parades (9 periods)	1 ACR Inspection 7 CO's parades
CAF Engagement (CAF)	Attend 1 CAF Engagement Session/Day	Mess Dinner CAF Member Presentations* CAF Engagement Tour*
Aviation (AIR)	Attend a minimum of 18 Periods of Aviation Training	12 Parade Nights (2 pd each) other than those listed above
Other Weekdays*		
Citizenship & Community Service (CIT/CS)	Attend 2 Activities	4-5 activities / year including Remembrance Day, Poppy Day, Legion Tea, First Aid Day
Teamwork/Leadership (TEAM)	Attend 1 Teamwork Activity	2 activities / year including Survival FTX, Orienteering Day

LEVEL 3

In Level 3, a cadet shall complete the following to achieve qualification:

PO	Requirement	Options
Parade Nights		
PHASE	Attend 1 period of PHASE instruction	3 periods / year
Sports	Attend 2 Physical Activities (6 periods)	3 Sports Nights / year
Personal Fitness (FIT)	Participate in Physical Fitness Testing	2 Fitness Testing Nights / year
CAF Engagement (CAF)	Attend 1 CAF Engagement Session/Day	Mess Dinner CAF Member Presentations* CAF Engagement Tour*
Drill	Pass Assessment: Direct a Squad Prior to a Parade	
Instructional Techniques (IT)	Pass Assessment: Instruct a Lesson	
Aviation (AIR)	Attend a minimum of 18 Periods of Aviation Training	12 Parade Nights (2 pd each) other than those listed above
Other Weekdays*		
Citizenship & Community Service (CIT/CS)	Attend 2 Activities	4-5 activities / year including Remembrance Day, Poppy Day, Legion Tea, First Aid Day
Teamwork/Leadership (LDSP)	Pass Assessment: Lead a squad in a practical task	2 activities / year including Survival FTX, Orienteering Day

LEVEL 4

In Level 4, a cadet shall complete the following to achieve the qualification:

PO	Requirement	Options
Parade Nights		
PHASE	Attend 1 period of PHASE instruction	3 periods / year
Sports	Attend 2 Physical Activities (6 periods)	3 Sports Nights / year
Personal Fitness (FIT)	Participate in Physical Fitness Testing	2 Fitness Testing Nights / year
CAF Engagement (CAF)	Attend 1 CAF Engagement Session/Day	Mess Dinner CAF Member Presentations* CAF Engagement Tour*
Drill	Pass Assessment: Command a Flight on Parade	OPTIONAL but will restrict promotion to Sgt Only
Instructional Techniques (IT)	Pass Assessment: Instruct a Class	OPTIONAL but will restrict promotion to Sgt Only
Aviation (AIR)	Attend a minimum of 18 Periods of Aviation Training	12 Parade Nights (2 pd each) other than those listed above
Other Weekdays*		
Citizenship & Community Service (CIT/CS)	Attend 2 Activities	4-5 activities / year including Remembrance Day, Poppy Day, Legion Tea, First Aid Day
Teamwork/Leadership (LDSP)	Pass Assessment: Lead a flight in a practical task	2 activities / year including Survival FTX, Orienteering Day

NOTE:

- Cadets may attempt any assessment as many times as they wish.
- In Level 4, if a cadet fails to pass either the Instructional Techniques or Drill Assessment, or does not wish to be assessed, they can still achieve the Level 4 qualification but will be restricted from being promoted above the rank of Sergeant.

DESCRIPTIONS OF THE TRAINING CONDUCTED

PARADE NIGHTS

During weekly Tuesday Night Parade Nights, the following instruction is conducted:

CO's Parades (R) (Drill)

- Formal parades for awards and presentations
- Generally run once monthly
- Counts as 2 of 9 periods required annually
- Dress: C3 Service Dress

Elemental (R) (AIR)

- Aviation Subjects
- Taught several times a month, 2 or 3 periods per Parade Night
- Each period counts against 18 periods required annually
- Dress: C5 FTUs or C3 Service Dress as assigned

PHASE Training (R) (PHASE)

- Promoting Healthy and Safe Experiences instruction
- Taught three times a year
- Dress: C5 FTUs or C3 Service Dress as assigned

Physical Fitness Testing (R) (FIT)

- Cadets complete the Cadet Fitness Assessment (similar to the Canada Fitness Award Program)
- Cadets are graded as either Participated, Bronzed, Silver, Gold or Excellence
- Run twice a year
- Dress: Sports Gear

Sports Nights (R) (Sports or TEAM)

- Cadets play team sports
- Run several times a year
- Counts as 3 of 9 periods required annually
- Dress: Sports Gear

Tours (R) (CIT)

- Tours of local facilities
- Run twice a year especially during Level 1
- Counts as 3 of 9 periods required annually
- Dress: C5 FTUs or C3 Service Dress as assigned

Mess Dinner (NR) (CAF)

- Each December, the Squadron holds a mess dinner, a formally-structured dinner steeped in military history and protocols.
- The cost of each cadet's dinner is paid for by the Squadron.
- Dress: C3 Dress Uniform

SUPPORTED ACTIVITIES, WEEKENDS & OTHER SESSIONS

Active Living Day (R) (L) (ADA) (FIT or Sports)

- Held in Early December, cadet participates in the Fitness Testing and sports conducted with cadets from other units. This is a good alternative for those cadets planning to apply for Sports-related summer training courses and missed the Squadron's Fitness Testing in the Fall. Parental consent forms are distributed in advance.
- Dress: Sports Gear

Aircrew Survival Field Training Exercise FTX (R) (LDA) (TEAM or LDSP)

- Cadets are trained in Bush Survival techniques, Team building and Leadership in an outdoor environment, sleeping in tents and shelters. A list of items to bring and a parental consent are distributed in advance.
- Held each Mid-to-Late October over a weekend
- Dress: C5 FTU w/outdoor gear OR appropriate civilian attire may be worn in-lieu of the Cadet FTU uniform.

Annual Ceremonial Review (R) (LDA) (Drill)

- A formal parade and inspection held each year normally the last Tuesday night in May
- Provides a forum to display to the public the squadron's accomplishments and achievements during the training year
- Consists of a parade, awards, presentations and displays
- Counts as 3 periods of 9 required annually
- Dress: C1A Ceremonial Dress

Annual Cadet Awards Banquet (NR) (LDA) (CIT)

- A semi-formal dinner held each year normally on the first Tuesday in June following the Annual Ceremonial Review, consisting presentation of additional awards.
- The cost of each cadet's dinner is paid for by the Squadron, additional family members and guests are normally welcome to attend at a cost of traditionally about \$15 per person
- Dress: C3 Dress Uniform

CAF Familiarization Sessions (R) (ADA) (CAF)

- Held weekday evenings throughout the Training year, Canadian Armed Forces (CAF) members present on-line briefings about their role, functions and experience.
- On-line Presentations
- Dress: Civilians

CAF Engagement Tour (R) (L) (ADA) (CAF)

- Normally conducted during the March Break, this one day trip to Winnipeg includes a tour of 17 Wing Winnipeg with presentations by Canadian Armed Forces (CAF) members on their role, functions and experiences. Parental consent forms are distributed in advance
- Dress: C5 FTUs w/outdoor gear. If not issued, cadets may wear civilian jackets, toques and dark gloves in place of uniform parts.

First Aid Training (NR) (L) (LDA) (CIT)

- Normally in March, the Squadron conducts first aid training for up to 16 cadets and staff members.
- Dress: Civilian Dress

Gliding Day (NR) (L) (RDA)

- Conducted in the Fall or Spring, cadets go gliding (weather permitting) as part of the Regional Air Cadet Gliding Operations, located just on the other side of the Hangar.
- Dress: C5 FTUs w/outdoor gear. Cadets are to bring a baseball cap as Wedge cap may not be worn on the airfield. If not issued, cadets may wear civilian jackets, toques and dark gloves in place of uniform parts.

Legion Events (R) (L) (LDA) (CS)

- Annually, the Squadron is asked a number of times each year to provide approximately 10-15 cadets each time to assist at various Legion functions and dinners, both at the Winnipeg Beach and Gimli Legions.
- Dress varies depending on the activity. If not issued, cadets may wear civilian jackets, toques and dark gloves in place of uniform parts for outdoor activities.

NCM Development Day (NR) (L) (LDA) (LDSP)

- Periodically, the Squadron will run training development days for specific levels of senior cadets or Non-Commissioned members (NCMs) to prepare them for duties and responsibilities within the Squadron.
- Dress: C5 FTUs or as otherwise directed.

Orienteering Training Day (R) (LDA) (TEAM or LDSP)

- Normally held in April or May, cadets develop their map and compass skills in an outdoor environment. This is a good alternative for those cadets who miss or join after the Aircrew Survival Field Training Exercise. Parental consent forms are distributed in advance.
- Dress: C5 FTUs.

Poppy Day (R) (LDA) (CS)

- Normally held the Saturday prior to Remembrance Day, in support of our Sponsor, Branch 182, Royal Canadian Legion, approximately cadets work 1 or 2 hour shifts, selling poppies at the entrances local Gimli businesses.
- Dress: C3 Dress Uniform. If not issued, cadets may wear civilian jackets, toques and dark gloves in place of uniform parts.

Range Day (R) (LDA) (Range)

- Normally held the 3rd Saturday in January, this day is designed to give all cadets an opportunity to practice their marksmanship and fire on a range
- This is a requirement for first year cadets to complete their training level
- Dress: C5 FTUs

Range Team (NR) (LDA) (Range)

- Held on Wednesday Nights during the Training year, cadets practice and compete in the Regional Marksmanship competition. This is an alternative for cadets who miss the Squadron's Range Day in January.
- Dress: Civilians

Recreational Trips/Tours (NR) (L) (LDA) (CIT)

- The Squadron has organized Recreational Trips for cadets, for example in past, the squadron has gone on annual weekend skiing trips to Asessippi Ski Resort.
- These trips are generally open to all cadets but may be by invitation only where there are restrictions on attendees. If necessary, priority for invitations will be based on Merit including participation in Optional Training activities and percentage of attendance at Mandatory Training sessions and activities.
- A list of items to bring and a parental consent are distributed in advance.
- Dress: C3 Dress Uniform or as directed.

NOTE: Some recreational trips/tours offered to cadets may require a fee be charge in order to offset expenses. These are completely optional activities with no bearing on the cadet's progress within the Program; and Squadron policy is that no young person or cadet will be denied entry into the Cadet Program or activities for financial reasons. We will make every accommodation possible to ensure every cadet has equal opportunity to participate in the Program.

Remembrance Day (R) (LDA) (CIT or CS)

- Each November 11th, cadets are assigned to attend at the service normally the closest to them – Gimli, Teulon, Winnipeg Beach or Camp Morton (outdoor service) to perform flag party or other cenotaph duties.
- Dress: C1 Dress Uniform. For outdoor services, if not issued, cadets may wear civilian jackets, toques and dark gloves in place of uniform parts.

INDIVIDUAL-BASED TRAINING

In addition to the regular cadet training program, cadets may decide to participate in additional individual-based training programs for qualification to advanced training opportunities or for greater recognition and awards including:

Advanced Leadership Training (NR) (ADA) (LDSP)

- This is an individual-based training program
- Announced in mid-2023, details of the Advanced Leadership Training as a replacement for the Level 5 training are anticipated for the start of the 2024/2025 training year. This training will be Non-Required training but will become a requirement for promotion to the rank of Warrant Officer 2nd Class or higher.
- Training will likely consist of a 1-2 day activity of instruction and assessment.

Cadet Award of Merit (NR) (ADA)

- This is an individual-based Awards program
- Announced in late 2022, details of the Cadet Award of Merit are anticipated for the start of the 2024/2025 training year.

Effective Speaking Competition (NR) (NDA)

- This is an individual-based Awards program
- Annually the Air Cadet League of Canada organizes a National Effective Speaking Competition in June with the Manitoba Provincial-Level Competition in March.
- Cadets wishing to participate in the process are to identify themselves to the Squadron Staff no later than February 1st to be registered and prepped for the competition.

Online Ground School (OGS) (NR) (RDA) (AIR)

- This is an individual-based training program.
- As a requirement for the Power Pilot or Glider Pilot Training Courses during the summer, cadets wishing to apply to these courses must register and complete a nationally-directed, online Ground School course (OGS).
- Announced to applicable cadets in September, the cadets must be registered for the OGS by early-October; complete the training by Early January; and complete the online exam by mid-January. Specific dates for deadlines are issued annually. If the cadet fails to: register; complete training; or get a passing mark on the exam, they will be restricted from applying for either Training Course that following summer.
- The OGS is a self-directed and self-paced course with online assistance available; however one Squadron adult staff member is assigned as the local Supervisor, Officer of Primary Interest (OPI) or Subject Matter Expert (SME) to coordinate registrations and timings; and to assist cadets having issues beyond the capabilities of the online assistance.

SUMMER TRAINING

Each year, thousands of Air Cadets attend courses at cadet training centres (CTCs) throughout the country. Courses run: 5 days for first year cadets, 8 days for 2nd year cadets and three, six and seven weeks for 3rd year cadets and up; and cover a wide range of subjects from basic training to music, athletics, leadership and aviation. Senior cadets also have the opportunity for summer employment.

There is no cost to attend summer courses however the available spaces are limited. Cadets who attend course three weeks and longer are given a training bonus of \$60 per week attended (up to a maximum of six weeks). Senior cadets selected for summer employment (Advanced Leadership Course) are paid per diem rates based on the position they're selected for at the training centre.

Cadets are required to fill out an application for summer courses indicating their preferences. These forms are usually sent home in November. Parents should complete the form fully and return it to the Squadron promptly. Any questions about the form, should be directed to the Administration Officer.

Exchange programs and flying training course have a more involved and competitive process including limits on number of applicants from the Squadron. Supporting documentation, including a transcript from school a home school OR and other items must be included (ie passport photos) in the application package. There are height and weight limitations for flying training and an online ground school course and exam, flying candidates that must be registered for by mid-October and completed by Mid-January. For all prospective candidates, there is a Provincial panel interview scheduled in February. Cadets applying for these courses are also responsible for acquiring and/or paying for their own Transport Canada Medicals and Exam Fees (flying training) or Canadian Passports (Exchange Programs) prior to attending the courses.

The Commanding Officer establishes a priority list for each summer course. A cadet's position on the priority list is determined by several factors including the cadet's age, interest and aptitude in the particular course, previous summer training and level of effective participation in squadron activities. This information helps Regional Cadet staff to finalize which cadets go on course.

Regional course selections are traditionally released in May and announced to the cadets and parents/guardians as soon as possible. In early June, parents/Guardians and cadets are expected to attend a briefing by the Squadron staff on:

- Course Joining Instructions including kit lists, forms to be completed and other details
- Movement Orders and travel arrangements
- Local point of contacts during the summer