

Cadet Activity Program

Summer 2022

Common Joining Instructions



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Introduction

1. Welcome

Welcome to the Cadet Activities Program (CAP) for summer 2022! We are happy to have you join us for a week of fun and exciting activities. CAP is the introductory summer training experience for year 1 and 2 cadets to help prepare you for more advanced summer training. We hope you are excited to participate in wide range of activities offered at your specific CAP site. We are looking forward to seeing you soon.

2. Reading the Joining Instructions

The purpose of these common Joining Instructions (JIs) is to provide you with the basic information needed to prepare you for the CAP or to be a CAP Staff Cadet. Each CAP site has an individual, additional document called an Annex. If you are unsure which site you are attending, contact your cadet Corps/Squadron (CC/Sqn) Staff. Together, with the accompanying Annex, read each part in detail with your parents/guardians to ensure that you understand what is expected during your time at CAP. We will communicate any additional messages to you and your family as the week progresses.

What You Should Have:

- Common CAP Joining Instructions (*this is the document you're reading*)
- Individual CAP Site Annex (*this is the document that tells you about your location*)

Preparing for CAP

3. CAP Training Briefing

a. The CAP is a program of locally delivered day activities which will provide a fun, challenging, and meaningful experience for cadets above and beyond what they would receive at the CC/Sqn level. Timings will generally be a morning start - 0800hrs to afternoon 1600hrs. More detailed timings will be outlined in Site Annexes.

b. The different programs are:

Program	For	Length	General Delivery Method
CAP 1	Year 1 cadets	5 days	Day training*
CAP 2	Year 2 cadets	12 days (3 night)	Day training plus overnight component*
CAP Staff Cadet	Senior Cadets	Varies per contract	Day training plus overnight component*

* Some specific sites are completely overnight due to geographic considerations.

c. General activities include marksmanship, drill, mental wellness, leadership, fitness. There will be specialized activities depending on the site you attend.

4. Packing for the CAP

a. Participants attending the CAP will wear Sea Training Uniform/Field Training Uniform (STU/FTU) on the first day. This should be issued by your CC/Sqn prior to your arrival. If this is not available, appropriate civilian attire can be worn with appropriate active footwear i.e., running shoes. Staff Cadets will attend in STU/FTU with appropriate gear depending on activities.

b. The dress for the rest of the days will depend on the activity. The CAP staff will inform you what you need to wear each day when you are briefed.

b. Generally, CAP will be conducted as day training. We have provided a suggested kit list to bring. The staff may suggest additional items to bring on a specific day based on upcoming activities.

MANDATORY ITEMS (<i>pack these things first!</i>)	
Provincial Health Card	Prescription Medication
Refillable Water Bottle	Over-the-Counter Medication (if required)
Prescription Eyewear with protective strap (if required)	Medic Alert Identification (if required)
Additional Items	
Backpack	Debit Card (preferred) or Cash (approx. \$20)
Lip balm, SPF 15+	Cell phone/Smartphone
Sunblock, SPF 50+	Non-Medical Mask (NMM) if required

c. **Items for specific overnight sites and CAP 2 overnight activities will be outlined in Site Annexes.**

d. Individuals are responsible for personal electronic devices and other valuables. Please ensure that only essential items are brought.

5. Medication

a. Cadets are responsible for their own medication while attending CAP. Please bring what you will require for the day, in original packaging with name and dosage information clearly labeled. Ensure that you are taking medication as prescribed.

b. Any over-the-counter medication, such as allergy medication or pain relief will also remain in its original packaging.

6. Anaphylaxis Protocol

- a. Anaphylaxis is defined as a serious allergic reaction that can be rapid in onset and may cause death. It affects about 2% of the Canadian population, with the most common allergens being food and insect stings. Medical attention is needed right away, as this type of reaction can be life-threatening.
- b. Cadets with serious allergies to insect stings or food must bring prescribed Anakit/Epi-pen/Allerject with them to their site.**
- c. Cadets must carry a copy of their Anaphylaxis Emergency Plan completed during their annual medical validation to the CAP and always keep a copy on their person (with their emergency medication).

7. Medic-Alert Bracelets / Devices

It is highly recommended that all cadets with known medical conditions requiring immediate identification, always wear their Medic-Alert devices (bracelets, necklaces, etc.).

Attending CAP

8. Training Activities in a Persistent COVID-19 Environment

- a. Commander's Intent.** We will employ risk mitigation and strict adherence to Public Health Measures (PHM) to protect the health and welfare of our members. CJCR will resume core business services for the Cadet Program and deliver the Cadet Experience while operating in a persistent COVID-19 environment. See [CANCDTGEN 005/22](#).
- b. Masks.** Masks remain an effective PHM by preventing respiratory droplets from contaminating others and landing on surfaces. Masks will be worn in accordance with PHMs or local facility rules.

9. Transportation

- a. Generally, you will be responsible for getting to the training site. Training sites are typically located within 50 KM of your residence. Your parent or guardian will be required to drop you off at the training location and pick you up at days end.
- b. For some sites transportation is provided. Specific pick up, drop off and timing details will be provided in Site Annexes.
- c. We will not release a cadet to someone who is not authorized (by a parent or legal guardian) to take them. Please contact the Site staff for individual arrangements.

12. Food and Accommodations

- a. Lunch will be provided for the duration of CAP. While food options are available, the responsibility to satisfy dietary restrictions and requirements rests with the individual. Not all food allergies can be accommodated by CAP.
- b. Meals catered by a local supplier or military-style boil in the bag meals - Ready to Eat (MREs) will be available. This may change depending on your CAP location or facility availability.
- c. When applicable, overnight accommodations will be outlined in Site Annexes.

13. Behaviour and Conduct

- a. As with any cadet activity, the expectation is that cadets behave in an appropriate manner. The Cadet Code of Conduct that you signed when you joined cadets applies.
- b. Breaches of this Code of Conduct will result in disciplinary action up to and including removal from CAP.
- c. All CAP Sites in Central Region are smoke-free environments. Smoking is not permitted by cadets including the use of e-cigarettes, vapes, and other smoking paraphernalia.
- d. In accordance with National Policy, cadets are prohibited from buying, consuming, or having controlled substances in their possession, including alcohol and recreational cannabis.
- e. Relationships involving Staff Cadet to Cadet, or Adult Staff to Cadet (Staff or Course) is strictly prohibited by law. Incidents will be investigated by the chain of command and the local police service and/or Military Police.
- f. Orders, rules, and regulations exist to ensure the safety of everyone. They must be followed to create a respectful, organized and safe environment.

14. Cease Training

- a. Circumstances may arise during CAP where you may be required to go home. This includes, but is not limited to:
 - i. Being unable to adapt to the training,
 - ii. becoming a disciplinary or safety concern,
 - iii. or a medical concern that precludes them from participating.
- b. In these cases, the CAP staff will contact your parent(s)/guardian(s) to pick you up from the CAP location.

15. Medical Services

- a. Cadets are covered through the Ontario Health Insurance Plan (OHIP), and the Department of National Defense for all health-related expenses while attending training.
- b. Each CAP location will have a local public medical facility (hospital, clinic, urgent care centre etc.) available to address emergency medical needs.
- c. In case of an emergency, 911 will be contacted and an ambulance will transport the cadet to the nearest hospital. Parent(s)/Guardian will be contacted to meet the cadet at the hospital.