



Regional Cadet Support Unit (Central)



**Silver Star / Gold Star
Cadet Expedition Site Training**



**Joining Instructions
2016**

INTRODUCTION

1. Silver and Gold Star cadets from across Central Region will attend expedition site training weekends. Cadet Expedition Site (CES) training has been designed to provide the Silver and Gold Star cadet with an opportunity to develop expedition skills in a structured environment under the supervision and instruction of highly qualified staff. The CES will approach training through an experiential approach, which will allow the cadet to develop skills such as canoeing, mountain biking and hiking through direct experience at a personal level.
2. The purpose of these joining instructions is to provide the cadet and their parent(s)/guardian(s) with the information necessary for them to prepare for and participate in the training weekend.

GENERAL

3. Cadets will receive instruction in (Silver Star) and complete reviews of (Gold Star) the following at the CES:
 - a. practicing environmental stewardship as a team leader;
 - b. navigating along a route using a map and compass;
 - c. using expedition equipment;
 - d. following daily expedition routine; and
 - e. recording entries in a journal.
4. Cadets will be provided training in at least two of the three following dynamic modes of travel:
 - a. paddling a canoe;
 - b. hiking along a route; and / or
 - c. riding a mountain bike.
5. A sample weekend training schedule is located at Annex C.
6. CES dates and corps allocations are located at Annex D.

PRE-TRAINING

7. Prior to attending the training weekend each cadet should receive a briefing (Silver Star PO M326.01 and Gold Star PO M426.01) from their corps staff that:
 - a. reviews selection of clothing, footwear and equipment;
 - b. reviews selection high-energy snacks;

- c. reviews the CESs joining instructions and training schedule; and
- d. explains the instructions for completing the navigation review package (Gold Star only).

OBJECTIVES

- 8. Specific objectives of expedition training are to:
 - a. promote a feeling of fun and satisfaction of being a part of an exciting and adventurous activity;
 - b. increase personal development; including self-confidence, self-discipline, self-esteem, self-worth and self-satisfaction;
 - c. develop leadership and outdoor abilities, techniques, and skills;
 - d. promote improvement in personal fitness conditioning and encourage healthy lifestyle choices;
 - e. promote an increased awareness and concern for the natural environment; and
 - f. develop an awareness of the skills and knowledge necessary to cope safely in adventure training activities.

ASSESSMENT OF PARTICIPANTS

9. All Silver Star cadets participating in the training weekend will be formally assessed using the PO M326 Assessment Checklist. All Gold Star cadets participating in the training weekend will be formally assessed using the PO M426 Assessment Checklist. Assessment results will be entered into Fortress and forwarded to the respective cadets' cadet corps.

10. All cadets will receive an individual de-briefing by their assigned Expedition Team Leader (ETL) to discuss their performance over the course of the weekend.

ACCOMODATIONS AND MEALS

11. All accommodations and meals during the expedition will be pre-arranged and DND will fund the cost.

12. Cadets will be sleeping overnight in civilian pattern expedition style tents. Sleeping bags and air mattresses are provided. Cadets who are allergic to down, should notify their corps Commanding Officer (CO) who will in turn notify the Regional Cadet Expedition Training Officer (RC Expd Trg O) to make necessary arrangements for a synthetic sleeping bag.

13. During the training weekend cadets will be fed Meals Ready to Eat (MREs). They will also receive a meal supplement each day that includes items such as granola bars, fresh fruit, juice, etc.

14. Cadets who are vegetarians, who have food allergies or who have special diet requirements should inform their corps CO who will then inform the RC Expd Trg O in order to make alternate arrangements.

DRESS

15. Dress during training shall be suitable clothing based on both the current and forecasted weather conditions, air temperatures, insulating properties of clothing worn, and the ability to allow the wearer to remain dry. As such, appropriate civilian clothing is authorized.

ABSOLUTELY NO TYPE OF COMBAT / MILITARY CLOTHING, COMBAT BOOTS OR JEANS ARE PERMITTED.

16. Annex A of these JIs provides a complete list of clothing that should be brought to the CES. If a cadet does not have access to all of the items listed in Annex A, they should inform their corps CO who will then inform the RC Expd Trg O so that the items can be procured where possible.

17. Annex A also provides a detailed list of clothing and equipment items that will be issued to each cadet while at the CES.

CONSENT TO PARTICIPATE

18. A parental consent form must be signed by parents / guardians whenever an activity is held that includes a sleepover, a movement outside the geographic zone of the cadet corps, or in instances where there is a risk of injury. Cadets must hand carry a copy of the signed parental consent form to the CES. The form can be generated directly from the print option under the technical training and activities by registration page in Fortress. A blank form has also been included at Annex E. The form should be personalized with the details for the activity.

19. As with any outdoor adventure activity there is a degree of inherent risk associated with the cadet's participation. The potential hazards associated with this activity are identified at Annex F. The purpose of this information is to inform you of the potential risks associated with the cadet's participation in the training and steps that we have taken to minimize those risks. All of our training activities are assessed from a risk management perspective and are not approved unless they are deemed to be safe. That being said, training injuries can and do occur. To further mitigate the hazards inherent in adventure training, the Department of National Defence ensures that:

- a. the supervisors and staff are fully trained and qualified;
- b. the cadets who undertake the training are adequately supervised;
- c. the location and / or facilities meet the applicable health and safety standards;
- d. any equipment made available or used during training has been inspected and is deemed to be appropriate, safe and well maintained; and
- e. the location where the training will take place is appropriate for use and the training objectives as intended.

TRANSPORTATION / MOVEMENTS

20. Transportation for cadets and personnel will be co-ordinated by their respective area detachment. Corps COs will be contacted directly and informed of location and timings for pick-up and drop-off. It is the responsibility of the corps CO to ensure that all cadets and their parent / guardian are aware of transportation details – i.e. pick-up / drop off timings and locations.

21. The use of mini-vans will be authorized when a small number of cadets are participating in the activities and when it is more economical and practical than using a bus. Use of the school bus will be the transportation of choice when there are a number of corps from the same geographical area participating. A single assembly point will be established to minimize delays during personnel movements.

22. For cadets who are taking commercial transportation to the CES they will be met by an officer at the start and end point of their journey.

23. Cadets designated as “walk-ins” are requested to arrive at their respective CES not early than 1900hrs and no later than (NLT) 1930hrs on the Friday evening. They will be ready to be picked up at the CES on Sunday at 1400hrs.

24. **Cadets are NOT required to travel in their cadet uniform. Cadets are required to wear their issued Cadet Parka along with appropriate civilian clothing while travelling.**

25. All cadet transportation information will be sent to the corps CO NLT one week prior the expedition training weekend.

MEDICAL / DENTAL / HEALTH

26. All cadets participating in the training weekend must have a current Basic Health Questionnaire and Detailed Health Questionnaire (DHQ), if required.

27. If a cadet has a temporary medical issue, such as a sprained wrist or knee, broken arm, etc. they must notify their corps CO who should submit an updated DHQ. The corps CO must also get in touch with the RC Expd Trg O to ensure they are capable of participating in training.

28. **Facilities / Services.** Medical and dental emergencies will be handled through a combination of on the spot first aid and the local 911 emergency systems. During training, medical incidents will be handled using first aid and evacuation to a designated medical facility. More serious incidents will involve the assistance of Emergency Services.

29. **Prescription Medication.** Cadets taking prescription medication for an existing medical condition must bring a sufficient supply for the duration of the training weekend. Medications must be in clearly labelled containers.

30. **Epi-Pens.** Individuals identified in Fortress as requiring an Epi-Pen **must** have at least one (preferably two) with them and carry it on their person at all times. If a cadet arrives on site without the required Epi-Pen, they will be returned to unit (RTU). If the cadet no longer requires the use of an Epi-Pen this must be identified through an updated DHQ and letter from a physician which must be submitted to the Regional Cadet Medical Liaison Officer (RCMLO) who will, if required, update the cadets' medical limitations in Fortress. Only once these limitations have been updated can a cadet attend training without being in possession of an Epi-Pen.

31. **30 Minute Time Limitations.** Not all of the expedition sites are able to accommodate cadets that must be within 30 minutes of physician services. If a cadet has been identified in Fortress as having a 30 minute time limitation and their assigned CES is unable to accommodate this requirement, the RC Expd Trg O will contact the corps in order to make alternate arrangements for the cadet.

EYE GLASSES / CONTACT LENSES

32. Cadets wearing eyeglasses during the expedition must exercise due diligence to the safety of their glasses, i.e. wearing a safety strap.

EMERGENCY CONTACT NUMBERS

33. The following is a list of emergency contact numbers:

- a. Capt Nicole Stark, RC Expd Trg O:
 - (1) office: (705) 424-1200 extension 7664;
 - (2) toll free: (888) 232-2290, opt 5; and
 - (3) cell: (705)-794-7607; and
- b. Capt Hannah Walker, RC Army Trg O:
 - (1) office: (705) 424-1200 extension 7028;
 - (2) toll free: (888) 232-2290, opt 2, 2; and
 - (3) cell: (705) 715-2235.

SECURITY / RESTRICTIONS

34. It is recommended that personal belongings be marked with the cadet's name or initials for identification purposes.

35. No radios, MP3 players, cellular phones, video games or similar electronic devices will be permitted during training hours.

36. Cadets are forbidden from bringing any firearms or weapons of any sort.

37. **Cadets are forbidden from bringing any army related clothing.**

38. **Inspections.** At different moments during the training or activity, the cadet may be subjected to an inspection of his/her sleeping accommodations, luggage, kit, or equipment. These will be conducted or supervised by a Canadian Armed Forces member, and will serve to verify that:

- a. the cadet' sleeping accommodations are clean and orderly;

- b. the cadet is carrying the proper equipment and it is in good condition and properly maintained;
- c. the cadet's health and safety is not at risk; and
- d. the cadet does not have prohibited, restricted or unauthorized items in his/her possession, as listed in the joining instructions.

39. If found, prohibited and restricted items will be handed to the applicable police agency (military or civilian) with some exceptions, while unauthorized items shall be confiscated for the duration of the training or activity. Corrective measures could be taken against a cadet for failing any criteria or search or for refusing to submit to an inspection, in accordance with CATO 15-22 Conduct and Discipline – Cadets, up to and including being expelled from the training or activity. If needed, searches of a cadet's person, property, luggage, kit or sleeping area for the purposes of discovering contraband, illicit or stolen property, or some evidence of guilt to be used in the prosecution of an offence, will be conducted only by the Military Police or a civilian police agency.

DRUGS, ALCOHOL AND TOBACCO

40. **Regulations.** The orders detailed in CATO 13-23 concerning drugs and alcohol will be applied to the conduct of the training weekend. Cadets who are found in the possession of, or use drugs, prohibited substances or drug related material will be reported to local civilian police. The use of alcohol by cadets will result in an immediate RTU.

41. **Tobacco.** Smoking by cadets will not be permitted.

DISCIPLINE AND BEHAVIOUR

42. Cadets indulging in inappropriate behaviour, violation(s) of rules/regulations or disrupting the learning of others will be subject to disciplinary action including the possibility of RTU.

PUBLIC AFFAIRS

43. Cadets are also invited to "like" the Central Region Army Cadet Expedition Page on Facebook. This page will provide cadets a web-based resource for pictures and information about expedition related training in Central Region. The group will be monitored by regional expedition staff members. Go to this link to join:
<http://www.facebook.com/pages/Central-Region-Army-Cadet-Expeditions/291457294198690>.

COMMUNICATIONS AND CONTACTS

44. Communications regarding the expedition are to be directed to the RC Expd Trg O or the CES OC. Contact information is as follows:

- a. RCSU Central / CES OCs – Email: centralexpeditiontraining@gmail.com; and
- b. RC Expd Trg O – Capt Nicole Stark:

- (1) office: (705) 424-1200 extension 7664;
- (2) toll free: (888) 232-2290, opt 5; and
- (3) cell: (705) 794-7607;
- (4) email: nicole.stark@forces.gc.ca.

45. As training will be conducted in remote locations, cadets will NOT have access to telephone services; however, there will be both cellular and satellite phones for emergency communication purposes.

Annex A – Clothing and Equipment List

Annex B – Packing Tips

Annex C – Sample Weekend Training Schedule (Silver Star and Gold Star)

Annex D – Cadet Expedition Site Training Dates and Corps Allocations

Annex E – Parental Consent Form

Annex F – Hazards and Mitigation Strategies

Annex A

Joining Instructions – Silver and Gold Star Cadet Expedition Site Training

15 Jan 16

CLOTHING AND EQUIPMENT LIST

1. The provision of all personal clothing and equipment items listed below is the responsibility of each cadet. Prior to purchasing any outdoor related clothing and equipment cadet's should contact their corps CO or the RC Expd Trg O.

2. Cadets are required to bring the items listed below. Cadets who do not have an item should notify their corps CO, who will then contact the RC Expd Trg O, who will make arrangements to procure the equipment for the cadet if possible.

TO BE BROUGHT	CHECKLIST
4 pairs of warm wool/synthetic (not cotton) socks	
4 pairs of inner socks (not cotton)	
3 pairs of underwear	
1 pair of long underwear (not cotton) (top & bottom)	
2 short sleeve shirts or t-shirts (not cotton)	
2 pairs of long pants (not cotton or denim)	
1 pair shorts	
1 Cadet Parka with fleece liner	
1 pyjamas or sleepwear (suitable for shared sleeping)	
1 hat (i.e. Ball cap, Tilley Hat, etc)	
1 toque	
1 pair gloves	
1 pair shoes/sneakers (evening usage)	
1 pair hiking/ biking shoes (day time usage)	
1 water bottle	
1 wrist watch	
1 towel (small)	
1 travel-sized soap	
1 travel-sized deodorant	
1 travel-sized toothbrush and toothpaste	
1 comb/hairbrush	
1 swimsuit (Silver Star CES - Central, Eastern, Northern) (Gold Star CES – Western)	
1 pair fitted water shoes – no flip-flops, crocks or thongs (Silver Star CES - Central, Eastern, Northern) (Gold Star CES – Western)	
1 camera (optional)	
1 duffle bag for bringing/stowing gear (NOT a rolling suitcase as these are difficult to store)	

Annex A
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3. The following items will be issued upon arrival at the CES training site:

TEAM EQUIPMENT (ISSUED)	PERSONAL EQUIPMENT (ISSUED)
Tent	Expedition field pack
Pocket knife	Compression sack(s)
Compass	Stuff sack(s)
Mountain stove/ Dragon Fly Stove	Sleeping bag
Fuel bottle	Sleeping bag liner
Pot set	Thermarest mattress
Matches	Wet weather jacket
Waterproof match container	Wet weather pants
Wash basin	Plastic cup
First aid kit	Whistle
Backpacking tarp	Headlamp
GPS	Carabineer
Naphtha	Trekking poles
MSR water filter	20 SPF lip balm
Toilet paper	Journal
Re-sealable plastic bags	Pencil
Garbage bags	
Gear tape	
Glow sticks	
30 SPF sunblock	
Foot powder	
Hand sanitizer	
Day Bag	
Insect Repellent	

4. CESs have a limited supply of large, x-large, and xx-large sizes of jackets, pants and PFDs. If a cadet requires these sizes please contact the RC Expd Trg O or applicable CES OC so that arrangements can be made.

5. The following items will NOT be brought to the CES training site by any participants:

- a. personal canoeing / hiking / mountain biking equipment;
- b. military related clothing;
- c. junk food of any sort;
- d. inappropriate books or magazines (due to pornographic or violent content);
- e. lighters;
- f. non-prescription drugs, alcohol or other controlled substances; and
- g. ammunition, firearms (or any other weapon) of any kind.

PACKING TIPS

1. Before departure, double check all belongings and documents. Use this list to ensure that nothing has been forgotten.

INSTRUCTION	CHECK
Is your personal kit complete and marked?	
Do you have your prescription medication?	
Do you have a floating security strap for your glasses?	
Do you have your MEDIC ALERT bracelet or necklace, if applicable?	
Do you have your provincial health insurance card?	
Do you have your signed parental consent form?	
Do you know exactly how you are travelling? If not, contact your corps CO.	

SAMPLE WEEKEND TRAINING SCHEDULE

1. Below is a sample schedule for **Silver Star Cadet Expedition Site Training**.

FRIDAY		
Timings	Tasks/Activity	Remarks
	Collect all applicable paperwork.	Place cadets in teams of varied skill levels.
	Issue all personal and group expedition equipment	CES staff.
	Initial briefing/break cadets into teams	To include: activities, expectations, safety, timings, dress, meals, etc. Cadets will be introduced to their Expedition Team Leader (ETL).
SATURDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Ablutions	Cadets will pack all personal equipment prior to eating breakfast. CES staff to model daily routine activities as detailed in EO M326.06 (Follow Daily Routine).
0630	Breakfast	CES Log O to prepare breakfast, expedition centre staff to model set-up of eating area, garbage collection, clean up, etc.
0730	Campsite tear down and navigation review	Under direction of ETL each team will tear down all components of the campsite, organize personal and group equipment for transport to a new campsite. ETL will review navigation taught at the cadet corps as detailed in M326.04.
0900	Expedition lesson delivery (PO 326)	ETLs will instruct lessons specific to the mode of travel for each site: a. Bon Echo hike and bike b. Earl Rowe canoe and bike c. Restoule hike and canoe d. Wildwood hike and bike
	Lunch	Lunch will occur at a designated point along the practical expedition route. ETLs will instruct proper use of stove and water filter.
1430	Mode of travel #1	Cadets will be assigned a leg of the route to lead.
1800	Arrive at campsite #2	Teams will set up their campsites.
1830	Supper	
2000	Evening Activities	To include: equipment maintenance, team leader debriefing, record entries in a journal, expedition leader group debrief, campfire
2200	Lights Out	

Annex C
 Joining Instructions – Silver and Gold Star Cadet Expedition Site Training
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SUNDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities.
0800	Mode of travel #2	Cadets will be assigned a leg of the route to lead.
1200	Arrival at practical expedition activity end point	Upon arrival at practical expedition activity end point teams will complete the de-kitting process under the direction of the CES Log O.
1300	Lunch	CES Log O will prepare lunch.
1330	Debrief	All cadets will be required to: participate in a CES activity critique and complete a journal entry about their experiences during the weekend.
1400	Depart	

Annex C
 Joining Instructions – Silver and Gold Star Cadet Expedition Site Training
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2. Below is a sample schedule for **Gold Star Cadet Expedition Site Training**.

FRIDAY		
Timings	Tasks/Activity	Remarks
	Collect all applicable paperwork.	Place cadets in teams of varied skill levels.
	Issue all personal and group expedition equipment	CES staff.
	Initial briefing/break cadets into teams	To include: activities, expectations, safety, timings, dress, meals, etc. Cadets will be introduced to their Expedition Team Leader (ETL).
SATURDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Ablutions	Cadets will pack all personal equipment prior to eating breakfast. CES staff to model daily routine activities.
0630	Breakfast	Team to prepare breakfast under direction of ETL, expedition centre staff to model set-up of eating area, garbage collection, clean up, etc.
0730	Campsite tear down	Under direction of ETL each team will tear down all components of the campsite, organize personal and group equipment for transport to a new campsite.
0800	Expedition lesson delivery – advanced skills (PO426)	ETLs will instruct lessons specific to the mode of travel for each site: a. Fanshawe canoe and bike b. Gatineau hike and canoe c. Kelso hike and bike
1200	Mode of Travel #1	Cadets will be assigned a leg of the route to lead.
	Lunch	Lunch will occur at a designated point along the practical expedition route.
1700	Arrive at campsite #2	Teams will set up their campsites.
1730	Supper	
2000	Evening Activities	
2200	Lights Out	

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SUNDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities.
0800	Mode of travel #2	Cadets will be assigned a leg of the route to lead.
1200	Arrival at practical expedition activity end point	Upon arrival at practical expedition activity end point teams will complete the de-kitting process under the direction of the CES Log O.
1300	Lunch	CES Log O will prepare lunch.
1330	Debrief	All cadets will be required to: participate in a CES activity critique and complete a journal entry about their experiences during the weekend.
1400	Depart	

CADET EXPEDITION SITE TRAINING DATES AND CORPS ALLOCATIONS

Silver Star 2016

	Eastern CES – 1 Bon Echo		Central CES - 1 Earl Rowe		Western CES - 1 Wildwood	
	Corps	Location	Corps	Location	Corps	Location
22-24 Apr 16	2317	Ottawa	48	Toronto	59	Chatham
	2332	Ottawa	75	Toronto	202	Amherstburg
	2784	Ottawa	337	Toronto	1086	Windsor
	2870	Ottawa	709	Toronto	1112	Tecumseh
	2951	Glouster	2402	Toronto	2715	Lasalle
	2958	Manotick	2736	Toronto	2828	Windsor
					2861	Windsor
					2884	West Lorne
					2918	Leamington
	Eastern CES – 2 Bon Echo		Central CES - 2 Earl Rowe		Western CES - 2 Wildwood	
	Corps	Location	Corps	Location	Corps	Location
29 Apr - 1 May 16	88	Cobourg	105	Streetsville	9	London
	100	Brighton	676	Georgetown	11	Strathroy
	113	Brockville	1188	Oakville	102	Sarnia
	385	Madoc	2379	Burlington	223	Stratford
	492	Gananoque	2990	Milton	1943	Palmerston
	2587	Kingston			2563	Petrolia
	2672	Peterborough			2923	Exeter
	2777	Campbellford			2967	Brussels
	2817	Lindsay			3144	Clinton
	2818	Belleville				
	Eastern CES - 3 Bon Echo		Central CES - 3 Earl Rowe		Western CES - 3 Wildwood	
	Corps	Location	Corps	Location	Corps	Location
6-8 May 16	57	Hawkesbury	41	Port Perry	7	St Thomas
	137	Rockcliffe	76	Uxbridge	21	Cambridge
	640	Cloyne	1913	Oshawa	109	Ingersoll
	1129	Haliburton	2525	Ajax	1596	Kitchener
	2360	Arnprior	2824	Mississauga	1882	Guelph
	2403	Cornwall			2659	Brantford
	2642	Petawawa			2833	Woodstock
	2677	Pembroke			2853	Simcoe
	2804	Casselman				
	3018	Orleans				

Annex D

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13-15 May 16	Northern CES - 1 Restoule		Central CES - 4 Earl Rowe		Western CES - 4 Wildwood	
	Corps	Location	Corps	Location	Corps	Location
	204	North Bay	42	Owen Sound	62	Hamilton
	1635	Kapuskasing	329	Totenham	68	St Catharines
	1884	Timmins	1849	Orangeville	162	St Catharines
	2310	Sault Ste Marie	1909	Collingwood	613	Fonthill
	2344	New Liskeard	1944	Creemore	1626	Grimsbay
	2407	Blind River	2250	Bracebridge	2347	Hamilton
	2826	Hearst	2408	Borden	2814	Hamilton
	2912	Sudbury	2799	Aurora	2835	Niagara Falls
	2915	Capreol	2919	Barrie	2865	Hamilton
	2964	Naughton	3133	Kearney	2966	Fort Erie
	3013	Cochrane			2968	Wellsand
27-29 May 16	Northern CES - 2 Earl Rowe		Central CES - 5 Earl Rowe			
	Corps	Location	Corps	Location		
	774	Kenora	557	Brampton		
	2072	Dryden	748	Markham		
	2294	Thunder Bay	1888	North York		
	2511	Thunder Bay	2754	North York		
		2881	Scarborough			

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Gold Star 2016

14-16 Sep 16	Central CES - Gold - Kelso		Central CES - Silver - Kelso			
	Corps	Location	Corps	Location		
	142	Aurora	142	Aurora		
16-18 Sep 16	Central CES - 1 Kelso		Eastern CES - 1 Kelso		Western CES - 1 Fanshawe	
	Corps	Location	Corps	Location	Corps	Location
	42	Owen Sound	41	Port Perry	59	Chatham
	329	Tottenham	76	Uxbridge	62	Hamilton
	1849	Orangeville	88	Cobourg	202	Amherstburg
	1909	Collingwood	640	Cloyne	1086	Windsor
	1944	Creemore	1129	Haliburton	1112	Tecumseh
	2379	Burlington	1913	Oshawa	2347	Hamilton
	2408	Borden	2525	Ajax	2715	Lasalle
	2919	Barrie	2672	Peterborough	2814	Hamilton
	2990	Milton	2777	Campbellford	2828	Windsor
			2817	Lindsay	2861	Windsor
					2865	Hamilton
				2884	West Lorne	
				2918	Leamington	
23-25 Sep 16	Central CES - 2 Kelso		Eastern CES - 2 Gatineau		Western CES - 2 Fanshawe	
	Corps	Location	Corps	Location	Corps	Location
	676	Georgetown	137	Rockcliffe	9	London
	748	Markham	2317	Ottawa	11	Stathroy
	1188	Oakville	2332	Ottawa	102	Sarnia
	1888	North York	2360	Arnprior	223	Startford
	2754	North York	2642	Petawawa	1943	Palmerston
	2881	Scarborough	2677	Pembroke	2563	Petrollia
			2784	Ottawa	2923	Exeter
		2870	Ottawa	2967	Brussels	
		2958	Manotick	3144	Clinton	
30 Sep - 2 Oct 16	Central CES - 3 Kelso		Eastern CES - 3 Gatineau		Western CES - 3 Fanshawe	
	Corps	Location	Corps	Location	Corps	Location
	557	Brampton	57	Hawksbury	7	St Thomas
	2799	Aurora	100	Brighton	21	Cambridge
	2824	Mississauga	113	Brockville	109	Ingersoll
			385	Madoc	1596	Kitchener
			492	Gananoque	1882	Guelph
			2403	Cornwall	2659	Brantford
			2587	Kingston	2833	Woodstock
			2804	Casselman	2853	Simcoe
			2818	Belleville		
		2951	Glouster			
		3018	Orleans			

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14-16 Oct 16	Central CES - 4 Kelso	
	Corps	Location
	48	Toronto
	75	Toronto
	105	Streetsville
	337	Toronto
	709	Toronto
	2402	Toronto
	2736	Toronto
21-23 Oct 16	Northern CES - 1 Kelso	
	204	North Bay
	774	Kenora
	1635	Kapuskasing
	1884	Timmins
	2072	Dryden
	2250	Bracebridge
	2294	Thunder Bay
	2310	Sault Ste Marie
	2344	New Liskeard
	2407	Blind River
	2511	Thunder Bay
	2826	Hearst
	2912	Sudbury
	2915	Capreol
2964	Naughton	
3013	Cochrane	
3133	Kearney	

Western CES - 4 Kelso	
Corps	Location
68	St Catharines
162	St Catharines
613	Fonthill
1626	Grimsby
2835	Niagara Falls
2966	Fort Erie
2968	Welland

HAZARDS AND MITIGATION STRATEGIES

1. The following chart identifies possible hazards which may occur during expedition site training and the applicable safety management strategies that are applied by staff at each expedition site.

2. Please note that this is not an exhaustive list and hazards not listed may occur on occasion. Expedition staff are well versed an assessing hazards as they occur and reacting as required.

HAZARD	LIKELIHOOD (often, occasional, rare)	SEVERITY (severe, moderate, minor)	SAFETY MANAGEMENT STRATEGIES
Extreme Weather	Occasional	Minor ➔ Severe	Check forecast; appropriate clothing & equipment; pacing to maintain warmth; carry emergency gear (stove, tarp, thermos etc.)
Athletic Injuries (e.g. sprains & strains)	Occasional	Minor ➔ Severe	Begin training in easy terrain to lessen likelihood of falls; appropriate pacing; instructor coaching, appropriate teaching progression, warm up time
Trips, Falls, Collisions (including cuts, fractures, head/spinal injury)	Rare - Occasional	Minor ➔ Severe	Advise cadets about dangerous terrain; control speed; keep tidy training area; discontinue involvement for participants who fail to obey instructions
Falling objects (rocks, trees, equipment)	Rare-Occasional	Moderate ➔ Severe	Assess overhead hazards, avoid areas of known hazard, alert group to hazard & implement management strategy if unavoidable
Falls from Height	Rare	Moderate ➔ Severe	Cadets to remain a minimum of 2-3 body lengths from edges, drop offs etc.; careful route finding
Driving Accident	Rare	Minor ➔ Severe	Keep vehicles in good repair; check road conditions; monitor cadet behaviour in vehicle, ensure driver is competent
Animal Encounter	Rare	Minor ➔ Severe	Check alerts for area; provide information regarding animal encounters and controlling food in field; stick together as large group if dangerous animals are spotted, make noise;
Equipment Failure	Occasional	Minor ➔ Severe	Use quality equipment; provide clear equipment list; check student equipment, carry repair kits, instruct on proper usage;
Burns	Occasional	Minor ➔ Severe	Instruct on proper use of stove & lantern, provide proper supervision when lighting;
Allergic Reaction	Rare	Minor ➔ Severe	Check medical limitations prior to trip; instruct cadet to carry Auto Injector for allergic reactions; First Aid trained staff;
Environmental Injuries (Heat / Cold Injuries)	Occasional	Minor ➔ Severe	Self & staff instruction / monitoring; use proper clothing; appropriate pacing, carry emergency gear;
Drowning	Rare	Severe	Use of Personal Flotation Devices, provide training for capsizing & rescue drills; take care filling water bottles;
Lost Participant	Rare	Moderate ➔ Severe	Keep group together; brief cadets on lost and alone procedures; regroup at junctions; have tail end sweep;
Food/Water Loss or Contamination	Rare	Moderate ➔ Severe	Purify water; cook / refrigerate food adequately; store food away from animals or other contaminating causes;