

# SUMMER TRAINING WEEKLY

## CAP in Communities

**What will CAP look like this summer?** Summer CAP will consist of one-week serials of general cadet activities (Basic), Jr Drill & Leadership, Jr Marksmanship and Jr Fitness, and two-week serials of Sr Drill & Leadership, Sr Marksmanship, and Sr Fitness and Sports.

### Delivery Structure:

- In-Person training will be offered within the local community or within one hour drive.
- Training will be Monday-Friday, between 0900 and 1630 hrs. There will be 8 x 40 min periods of instruction and an hour for lunch.
- Junior courses are 1 week long, senior courses are 2 weeks long (more info in course descriptions below).
- Attendance for all training days is strongly encouraged and participation is expected for all POs. All assessments will be completed during training time.
- Generally, each course will allow for up to 30 participants. In total, we are planning for more than 8,700 in-person training opportunities this summer.



Please note all photos featured in this update were taken prior to Public Health Measures being put in place.

**Virtual CTC and CAP in Communities:** Cadets can participate in both virtual AND community programming. They are welcome to register for any courses they meet prerequisites for - they are not limited to one option or one course.

Generally, Cadets should not plan to do CAP and CTC (Virtual) courses concurrently.

**Registration:** Fortress Technical Training and Activities serials are in the process of being created so that CC/Sqns can start nominating their cadets. CC/Sqns can only see the specific serials in their respective geographic areas so it will be easy for you to see what is available. Vancouver Island locations and serials have been created and published, Lower Mainland and Interior serials are being created as we go.

### COVID-19 Considerations:

- Cadets & Staff will be required to conduct a daily COVID self-assessment questionnaire.
- There will be daily COVID safety briefings.
- In-person activities may have to be altered, delayed, or canceled based on changes to Public Health Measures.
- There are contingency plans in place should we need to delay in-person training, as well as robust Virtual Training Opportunities available.

**Communicating with Parents:** Although plans are rapidly coming together and being approved for CAP in Communities, many aspects are still tentative. It is important that we don't over-promise to our cadets and parents. For that reason, we are providing you with a letter to families that you can distribute immediately to provide information on summer training.

For print-friendly files on course offerings and schedules [visit Sharepoint](#).

## Junior Drill and Leadership

**Overview:** The content for the Junior Drill and Leadership program was taken from the existing Basic Drill and Ceremonial Course traditionally offered at HMCS QUADRA and Vernon CTC. The existing Basic Drill and Ceremonial Course was modified from its current 3-week delivery down to a more skills-based 1-week introduction to Drill and Leadership for cadets of all three elements. This program will provide skills to cadets to be effective team members, budding leaders and strengthen their parade presence.

Training has been designed for cadets attending between 13-14 years of age, assuming cadets have successfully completed Phase 1, Green Star or Proficiency Level 1.

### Performance Objectives:

- PO 260 - Perform the Role of a Peer Leader
- PO 261 - Lead Team-Building Activities
- PO 262 - Communicate Effectively Within a Leadership Team
- PO 263 - Command a Squad
- PO 264 - Execute Rifle Drill as a Member of a Squad
- PO 267 - Participate in Aspects of Marksmanship Speciality Training

### Course Staffing:

- 1 x OPI (Capt/Lt(N))
- 1 x COVID Safety Officer (Capt/Lt(N) – Lt/SLt)
- 1 x Div O/PI Comd/Flt Comd (Lt/SLt - OCdt/NCdt)
- 2 x SCdt (1 x CPO2/WO2/MWO + 1 PO1/FSgt/WO)
- Cadets will be in Division/Platoon/Flight sizes which reflect Public Health Measures. Current planning is for groups of 10-20.



### Technical Specialists:

- Adult: Preferred previous staff member on the Basic Drill and Ceremonial Course or the Drill and Ceremonial Instructor Course.
- SCdt: Preferred graduate of the Drill and Ceremonial Instructor Course or experience working with Corps/Zone/Provincial Drill Team.

## Senior Drill and Leadership

**Overview:** The content for the Senior Drill and Leadership program was taken from the existing Drill and Ceremonial Instructor Course traditionally offered at HMCS QUADRA and Vernon CTC. The existing Drill and Ceremonial Instructor Course was modified from its current 6-week delivery down to a more skills-based 2-week introduction to instructional technique and leadership for cadets for all three elements. This program will provide skills to the cadets to be active leaders in their unit and to competently teach basic drill.

Training has been designed for cadets attending between 14-16 years of age, assuming cadets have successfully completed Phase 2, Red Star, or Proficiency Level 2 and have an interest and aptitude for drill and leadership training.

### Course Staffing:

- 1 x OPI (Capt/Lt(N))
- 1 x COVID Safety Officer (Capt/Lt(N) – Lt/SLt)
- 1 x Div O/PI Comd/Flt Comd (Lt/SLt - OCdt/NCdt)
- 2 x SCdt (1 x CPO2/WO2/MWO + 1 PO1/FSgt/WO)
- Cadets will be in Division/Platoon/Flight sizes which reflect Public Health Measures. Current planning is for groups of 10-20.

### Performance Objectives:

- PO 302 – Participate in a Community Service Activity
- PO 307 – Simulate a Corps/Squadron Parade Night
- PO 308 – Assist Cadets In Preparation in a Drill Competition
- PO 309 – Instruct a Drill Lesson
- PO 320 Participate in a Nautical Activity OR S320 Participate in CF Famil or Adventure Activity OR S320.01 Discuss RCAF History and Traditions and S320.02 Participate in Aviation Activities
- PO 360 – Perform a Parade Appointment
- PO 361 – Execute Drill as a Member of a Squad
- PO 365 – Command a Flag Party
- PO 366 – Participate in a Drill Competition
- PO 367 – Participate in Ceremonial Activities

### Technical Specialists:

- Adult: Preferred previous staff member on the Basic Drill and Ceremonial Course or the Drill and Ceremonial Instructor Course.
- SCdt: Preferred graduate of the Drill and Ceremonial Instructor Course or experience working with Corps/Zone/Provincial Drill Team.

## Junior Marksmanship

**Overview:** The content for the Junior Marksmanship program was taken from the existing Basic Marksman course traditionally offered at a summer training centre for Army Cadets. The existing Basic Marksman course was modified from its current 3-week delivery down to a more skills-based 1week introduction to Marksmanship for cadets for all three elements. This program will provide skills to cadets to actively participate in marksmanship activities at their local Corps/Squadron.

Training has been designed for cadets attending between 13-14 years of age, assuming cadets have successfully completed Phase 1, Green Star or Proficiency Level 1.

### Course Staffing:

- 1 x OPI (Capt/Lt(N))
- 1 x COVID Safety Officer (Capt/Lt(N) – Lt/SLt)
- 1 x Div O/PI Comd/Flt Comd (Lt/SLt - OCdt/NCdt)
- 2 x SCdt (1 x CPO2/WO2/MWO + 1 PO1/FSgt/WO)
- Cadets will be in Division/Platoon/Flight sizes which reflect Public Health Measures. Current planning is for groups of 10-20.

**Objective:** The aim of the Junior Marksmanship program is to provide cadets an opportunity to participate in training as a team member that will introduce and teach basic Marksmanship skills that will give cadets the foundational tools to be able to successfully participate in the Marksmanship program at their Corps/Squadron. Cadets applying for this course should be 13-15 years old and have successfully completed Phase Two/Red Star/Level 2 in the cadet program.

### Performance Objectives:

- PO 231 - Participate in Team Building Activities
- PO 241 - Apply the Principles of Marksmanship
- PO 242 - Fire the Cadet Air Rifle in a Marksmanship Competition

### Technical Specialists:

- Adult: Preferred previous experience working with the Air Rifle Marksmanship Instructor/Basic Marksman courses or the RDA/LT Marksmanship program.
- SCdt: Preferred graduate of the Air Rifle Marksmanship Instructor/Basic Marksman courses or experience working with Corps/Zone/Provincial Marksmanship program.



## Senior Marksmanship

**Overview:** The content for the Senior Marksmanship program was taken from the existing Air Rifle Marksmanship Instructor course traditionally offered at Albert Head and Vernon Cadet Training Centres. The existing Air Rifle Marksmanship Instructor course was modified from its current 6-week delivery down to a more skills-based 2-week introduction to instructional techniques and leadership for cadets for all three elements. This program will provide skills to the cadets to be active leaders at their Corps/Squadron and to competently teach junior cadets the basic principles of marksmanship and help support the local Marksmanship program.

Training has been designed for cadets attending between 14-16 years of age, assuming cadets have successfully completed Phase 2, Red Star, or Proficiency Level 2 and have an interest and aptitude for marksmanship training.

### Course Staffing:

- 1 x OPI (Capt/Lt(N))
- 1 x COVID Safety Officer (Capt/Lt(N) – Lt/SLt)
- 1 x Div O/PI Comd/Flt Comd (Lt/SLt - OCdt/NCdt)
- 2 x SCdt (1 x CPO2/WO2/MWO + 1 PO1/FSgt/WO)
- Cadets will be in Division/Platoon/Flight sizes which reflect Public Health Measures. Current planning is for groups of 10-20.

**Objective:** The aim of the Senior Marksmanship program is to provide cadets an opportunity to perform the duties of working with the Marksmanship program with the skills and subject matter knowledge required to perform the role of a Marksmanship leader for activities conducted at their local Corps/Squadron.

### Performance Objectives:

- PO 340 – Describe the Duties of Air Rifle Marksmanship
- PO 341 – Apply the Principles of Air Rifle Marksmanship
- PO 342 – Fire the Cadet Air Rifle in a Marksmanship Competition
- PO 343 – Assist the Range Safety Officer
- PO 344 – Coach Cadets During a Marksmanship Activity
- PO 345 – Assist with Summer Biathlon Activities
- PO 346 – Instruct a 20-Minute Air Rifle Marksmanship Lesson

### Technical Specialists:

- Adult: Preferred previous experience working with the Air Rifle Marksmanship Instructor/Basic Marksman courses or the RDA/LT Marksmanship program.
- SCdt: Preferred graduate of the Air Rifle Marksmanship Instructor/Basic Marksman courses or experience working with Corps/Zone/Provincial Marksmanship program.



## Junior Fitness and Sports

**Overview:** The aim of the CAP 1 Wk Basic Fitness and Sports course is to prepare cadets to perform the duties of a basic fitness and sports assistant while continuing to develop personal fitness and healthy living skills.

Training has been designed for cadets attending between 13-14 years of age, assuming cadets have successfully completed Phase 1, Green Star, or Proficiency Level 1.

Cadets will be required to participate in the Cadet Fitness Assessment.

### Performance Objectives:

- PO 230 - Perform the Duties of a Fitness and Sports Assistant
- PO 231 - Follow a Personal Fitness Routine
- PO 232 - Lead a Warm-Up and Cool-Down
- PO 233 - Assist with the Cadet Fitness Assessment
- PO 234 - Assist with Recreational Sports

## Senior Fitness and Sports

### Performance Objectives:

- PO 330 - Perform the Duties of a Fitness and Sports Instructor
- PO 331 - Follow a Personal Fitness and Healthy Living Routine
- PO 332 - Advise an Individual on Personal Fitness and Healthy Lifestyles
- PO 333 - Conduct the Cadet Fitness Assessment
- PO 334 - Lead Recreational Sports
- PO 335 - Instruct a 20-Minute Organized Recreational Team Sports Skill Session



### Course Staffing:

- 1 x OPI (Capt/Lt(N))
- 1 x COVID Safety Officer (Capt/Lt(N) – Lt/SLt)
- 1 x Div O/PI Comd/Flt Comd (Lt/SLt - OCdt/NCdt)
- 2 x SCdt (1 x CPO2/WO2/MWO + 1 PO1/FSgt/WO)
- Cadets will be in Division/Platoon/Flight sizes which reflect Public Health Measures. Current planning is for groups of 10-20.
- Staff required for planning in advance to survey available facilities and equipment to determine resources needed

### Technical Specialists:

- Adult: Previous staff member on the Fitness and Sport Instructor Course.
- SCdt: Graduate of the Fitness and Sport Instructor Course.

**Overview:** The aim of the CAP 2 Wk Fitness and Sports Instructor course is to develop a fitness and sports 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/squadron. Some aspects of the 6 Wk FSI will not be possible to conduct, such as OJT and attending sports events. Therefore, further oversight and development is important at the corps/sqn level.

Training has been designed for cadets attending between 14-16 years of age, assuming cadets have successfully completed Phase 2, Red Star or Proficiency Level 2 and have an interest and aptitude for fitness and sports training.

Cadets will be required to participate in the Cadet Fitness Assessment.

### Course Staffing:

- 1 x OPI (Capt/Lt(N))
- 1 x COVID Safety Officer (Capt/Lt(N) – Lt/SLt)
- 1 x Div O/PI Comd/Flt Comd (Lt/SLt - OCdt/NCdt)
- 2 x SCdt (1 x CPO2/WO2/MWO + 1 PO1/FSgt/WO)
- Cadets will be in Division/Platoon/Flight sizes which reflect Public Health Measures. Current planning is for groups of 10-20.
- Staff required for planning in advance to survey available facilities and equipment to determine resources needed

### Technical Specialists:

- Adult: Previous staff member on the Fitness and Sport Instructor Course.
- SCdt: Graduate of the Fitness and Sport Instructor Course.

## CAP in Lower Mainland and Vancouver Island

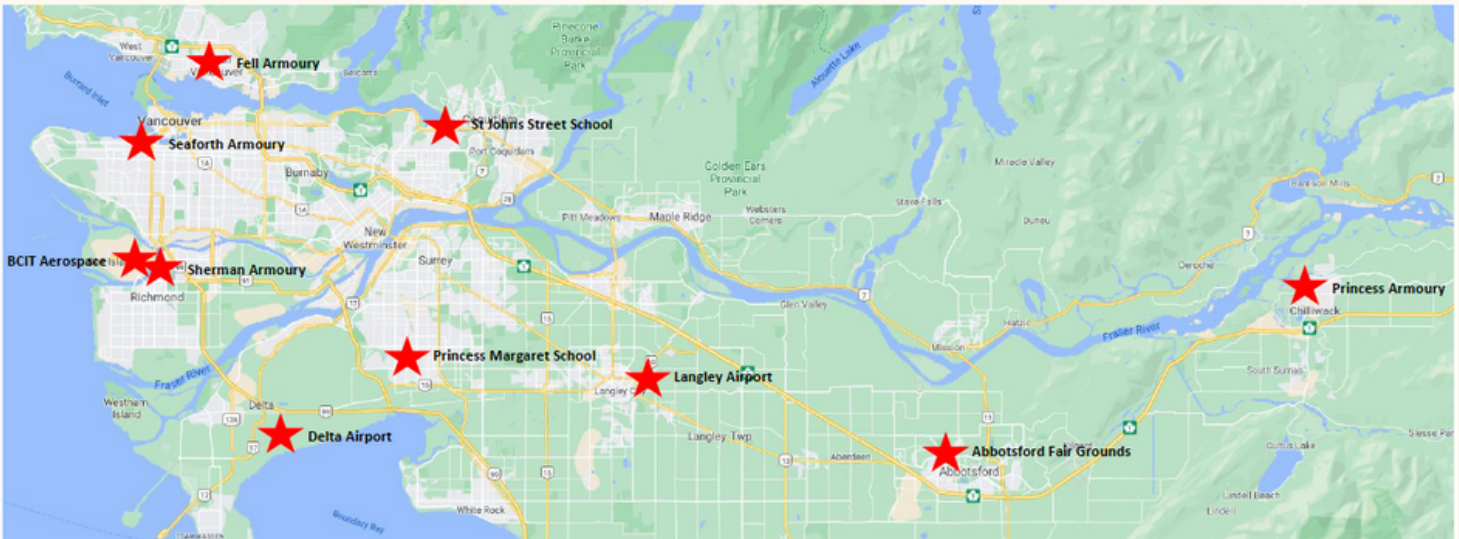
**When will it happen?** Current planning includes serials for July and August in the Lower Mainland and Vancouver Island Areas, and for the latter three weeks in August in the Interior. There will be three serials of each Junior course and one serial of each senior course. These are the tentative schedules for Vancouver Island and Lower Mainland:

Vancouver Island Area Draft Summer CAP Schedule									
Dates:	Victoria			Nanaimo			Quadra		
5 - 9 Jul	Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training		
12 - 16 Jul	Basic	Jr Drill	Jr Marks	Basic	Jr Drill	Jr Marks	Basic	Jr Drill	Jr Marks
19 - 23 Jul	Basic	Jr Fitness	Jr Drill	Basic	Jr Fitness	Jr Drill	Basic	Jr Fitness	Jr Drill
26 - 30 Jul	Basic	Jr Marks	Jr Fitness	Basic	Jr Marks	Jr Fitness	Basic	Jr Marks	Jr Fitness
2 - 6 Aug	No Training this Week			No Training this Week			No Training this Week		
9 - 13 Aug	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks
16 - 20 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill
23 - 27 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill

Lower Mainland Area Draft Summer CAP Schedule															
Dates:	North Vancouver			Vancouver 1			Vancouver 2			Richmond 1			Richmond 2		
5 - 9 Jul	Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training		
12 - 16 Jul	Basic	Jr Drill	Jr Marks	Basic	Jr Drill	Jr Marks	Basic	Jr Drill	Jr Marks	Basic	Jr Drill	Jr Marks	Basic	Jr Drill	Jr Marks
19 - 23 Jul	Basic	Jr Fitness	Jr Drill	Basic	Jr Fitness	Jr Drill	Basic	Jr Fitness	Jr Drill	Basic	Jr Fitness	Jr Drill	Basic	Jr Fitness	Jr Drill
26 - 30 Jul	Basic	Jr Marks	Jr Fitness	Basic	Jr Marks	Jr Fitness	Basic	Jr Marks	Jr Fitness	Basic	Jr Marks	Jr Fitness	Basic	Jr Marks	Jr Fitness
2 - 6 Aug	No Training this Week			No Training this Week			No Training this Week			No Training this Week			No Training this Week		
9 - 13 Aug	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks
16 - 20 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill
23 - 27 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill

Dates:	Coquitlam			Surrey			Langley			Abbotsford			Chilliwack		
5 - 9 Jul	Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training		
12 - 16 Jul	Basic	Jr Drill	Jr Marks	Basic	Jr Drill	Jr Marks	Basic	Jr Drill	Jr Marks	Basic	Jr Drill	Jr Marks	Basic	Jr Drill	Jr Marks
19 - 23 Jul	Basic	Jr Fitness	Jr Drill	Basic	Jr Fitness	Jr Drill	Basic	Jr Fitness	Jr Drill	Basic	Jr Fitness	Jr Drill	Basic	Jr Fitness	Jr Drill
26 - 30 Jul	Basic	Jr Marks	Jr Fitness	Basic	Jr Marks	Jr Fitness	Basic	Jr Marks	Jr Fitness	Basic	Jr Marks	Jr Fitness	Basic	Jr Marks	Jr Fitness
2 - 6 Aug	No Training this Week			No Training this Week			No Training this Week			No Training this Week			No Training this Week		
9 - 13 Aug	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks
16 - 20 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill
23 - 27 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill

**Where will it happen?** Although specific locations need to be confirmed, the intent is to offer courses that are within one-hour of travel for as many cadets as possible. Current planning includes Victoria, Nanaimo, and Comox for Cadets on Vancouver Island, and the following locations for Cadets in the Lower Mainland:



**Contingency Plan:** A contingency plan is in place in case there is a need to push training in support of Provincial Health Orders. The Contingency Schedule for training *only* in August looks like this:

Vancouver Island Area August Draft Summer CAP Schedule									
Dates:	Victoria			Nanaimo			Quadra		
2 - 6 Aug	Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training		
9 - 13 Aug	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks
16 - 20 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill
23 - 27 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill

Lower Mainland Area August Draft Summer CAP Schedule														
Dates:	North Vancouver			Vancouver 1			Vancouver 2			Richmond 1			Richmond 2	
2 - 6 Aug	Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training	
9 - 13 Aug	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill
16 - 20 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness
23 - 27 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness
Dates:	Coquitlam			Surrey			Langley			Abbotsford			Chilliwack	
2 - 6 Aug	Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training			Re-Certification/SCdt Training	
9 - 13 Aug	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill	Jr Marks	Jr Fitness	Jr Drill
16 - 20 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness
23 - 27 Aug	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness	Snr Drill	Snr Marks	Snr Fitness



## ***CAP in the Interior***

In the Interior Area, eight teams will travel to three locations each, offering three one-week serials in each community, during the latter three-weeks of August. Each course serial will be available for up to 22 cadets, for a total of almost 1,600 in-person training opportunities across 24 communities. More information about CAP in the Interior Area will be available soon and Fortress serials are being created now.

## ***Staffing Updates***

**Adult Staff** - Positions for both virtual and in-person CAP summer training have now been posted on SharePoint. If you have submitted an application for this summer and would now like to identify yourself for any specific positions, you may update your application with an email to [rcsupacstaffing@forces.gc.ca](mailto:rcsupacstaffing@forces.gc.ca). Any requests for positions should be submitted by end of day on Friday, 30 April 2021 as selections will commence next week.

We will be starting to send offers to the adult staff at the end of next week. Remember that these offers are sent by email – watch your email and let us know if you accept the offer as soon as you can!

We are still seeking applications for adult staff members. If you have the summer available or even just a week or two during the summer, we would like to receive an application from you! We will be needing adult staff to support the delivery of in-person training in local communities throughout B.C. so please consider your availability, and let us know about any skills and/or qualifications you have to support the training opportunities that are being planned.

Applications and any questions can be submitted to [rcsupacstaffing@forces.gc.ca](mailto:rcsupacstaffing@forces.gc.ca).



**Staff Cadets** - Staff cadet serials are open in FORTRESS. Remember that staff cadet applicants must be nominated in FORTRESS and also need to send in a Cdt #199 with banking/tax forms. Staff cadet offers will not be made to any applicant who has not submitted their Cdt #199 with banking/tax forms. The current Cdt #199 is available on SharePoint and corps/squadron COs are asked to get this to any staff cadet applicants.

If a staff cadet was just employed during spring break CAP, and their banking information remains the same, there is no requirement for resubmitting this information.

It is important for staff cadet applicants to know that the banking information they provide must be for a bank account that is in their own name – we cannot accept a parent's bank account. Also, staff cadet applicants must hold a Social Insurance Number and be at least 16 years of age prior to the start of their period of employment.