

Vernon Army Cadet Summer Training Centre



Cadet Joining Instructions *2013*

VACSTC MOTTO - "LEADING BY EXAMPLE"



FOREWORD BY THE COMMANDING OFFICER

Congratulations! You are a successful applicant and are chosen to attend the Vernon Army Cadet Summer Training Centre (VACSTC).

You have been selected to attend summer training at Vernon, BC, along with more than 1000 other cadets from across Western Canada and the northern territories. Not every cadet has the chance to attend summer training and you should consider your selection to be a special opportunity, and a privilege which will serve you well as you continue your training in the Army Cadet Program.

At VACSTC you are going to develop skills and acquire knowledge that will be useful to you at the training centre, your cadet corps and throughout your life. The more effort that you put in during your course, the more you will find the training centre to be interesting and enjoyable.

If this is your first experience at a summer training centre, you are going to find the training may be challenging at certain stages. You will make many new friends who will share in unforgettable good times and that challenging training. If you have been to summer training before, you'll be looking forward to meeting up with old friends to share another summer filled with camaraderie, activity, challenge, and adventure.

Again this summer we welcome the Junior Canadian Rangers program for the month of July. These young Canadians, like you, are excited to gain new skills and experience a part of Canada that they may not be familiar with. I trust we will all make them feel welcome in our home and share a good summer with them.

Many people have worked hard to prepare the training centre facilities for you. These facilities are your home for the duration of your course and I ask that you respect and treat the facilities as you would treat your home. The staff employed at the training centre, are there to coach, mentor, help and care for you while at VACSTC. Our goal is to make sure that by the end of your course, you have grown in knowledge, skills and confidence. In return, it is our expectation that you will put forth your best effort, always working as a respectful member of the VACSTC team.

I am confident you will enjoy yourself, and take full advantage of the tremendous opportunities you will find while attending VACSTC. You will get as much out of the summer as you put in; creating for yourself an interesting, worthwhile and rewarding experience.

Again, congratulations on being selected for training at Vernon. I look forward to meeting you this summer whether it is on the parade square, Coutts Common, in the field, on the water, on the ranges, or in classes. I'll be the tall guy with the moustache a smile and a camera. Work hard, play hard, be safe, and say cheese!

//original signed by//

Lyle R. Johnson CD
Lieutenant Colonel
Commanding Officer
Vernon ACSTC

DISTRIBUTION LIST

<u>Action</u>	<u>Quantity</u>
Director of Cadets (Army) (via e-mail)	1
CO RCSU (Pra) (via e-mail)	1
CO RCSU (Pac) (via e-mail)	1
DCO RCSU (Pac) (via e-mail)	1
VACSTC (via e-mail)	1
SO2 (Land) (via e-mail)	1

VERNON ARMY CADET SUMMER TRAINING CENTRE

VERNON, BC

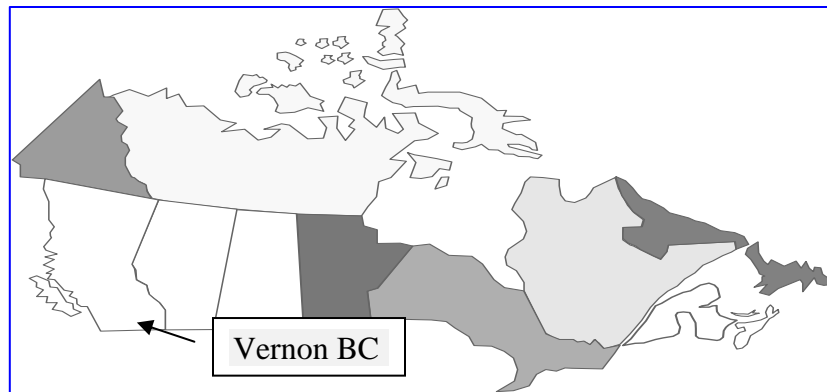
GENERAL

1. Course training for selected Cadets is held each year at Vernon Military Camp, Vernon, BC during July and August.

LOCATION

2. Vernon, BC, is a popular vacation destination situated in the northern part of the Okanagan Valley. Kalamalka Lake and Okanagan Lake are two popular lakes located within a few minutes drive of the Training Centre.

3. The Training Centre is located on the southern outskirts of the city on either side of Highway 97. The main administrative buildings of the Training Centre are located on the east side of the highway. Visitor access will be pedestrian only, through the tunnel. Parking will be available in the lot located west of Highway 97 and south of 15th Avenue. Guests are directed to the reception centre located immediately to the right once through in building B35. Guests will NOT be permitted vehicle access.



TRANSPORTATION

4. All cadet transportation to and from the Vernon Military Camp is provided by the Department of National Defence using air, bus or military vehicle. Cadets travelling in groups are normally under supervision. All cadets **MUST** travel in uniform (summer dress authorized) and be in possession of their Medical Identity Number. When travelling by aircraft, the luggage weight limit is 50 pounds. The following items are not allowed to be brought aboard an aircraft:

- a. strike anywhere matches;
- b. any liquids;
- c. pressurized plastic lighters; and
- d. lighter fluid.



NOTE: Footwear with metal cleats **shall not** be worn on board an aircraft

Your Cadet Corps now has detailed information on what may/may not be taken on an aircraft.

Pacific Region's Movements Section has issued an Information booklet to all Pacific Region Corps

and has placed a link on its CadetNet section as “AIRPORT LINKS FOR BAGGAGE”. Remember, Kilt Pins are sharp objects and must be included in your checked baggage not in your carry on baggage..

5. **All Corps and Squadron Commanding Officers are to ensure that all cadets and staff are in possession of one piece of government issued picture identification. This identification is required for all modes of transportation to and from camp including parent drop off. Valid Government Issued Photo ID includes: drivers’ license, passport, status card, immigration cards and provincial identity card. If you are in doubt as far as the identification requirement, phone Pacific Region Movements at 1-866-668-8388 or RCSU (Northwest) at 1-800-842-1852.**

TRAINING

6. The following courses are conducted at VACSTC:

- a. Cadet Instructor (6 weeks). The aim of these courses is to prepare cadets to assume senior leadership and instructional positions at their home cadet corps. Course content emphasises instructional technique and practical leadership. In addition, cadets will be trained in a particular speciality. These courses are:
 - (1) Drill and Ceremonial Instructor;
 - (2) Expedition Instructor;
 - (3) Air Rifle Marksmanship Instructor;
 - (4) Military Band – Intermediate Musician;
 - (5) Pipes Band – Intermediate Musician;
 - (6) Military Band- Advanced; and
 - (7) Pipe Band - Advanced

- b. Basic Training (3 Weeks). The aim of these courses is to familiarize cadets with a particular speciality (i.e. music, marksmanship, leadership, expedition, and fitness and sports). These courses are:
 - (1) Basic Marksman;
 - (2) Military Band – Basic Musician;
 - (3) Pipe Band - Basic Musician;
 - (4) Basic Leadership;
 - (5) Basic Expedition; and
 - (6) Basic Fitness & Sports.

- c. General Training (2 Weeks). The aim of this course is to familiarize cadets with the Army Cadet Summer Training Program and to motivate them toward pursuing further Army Cadet Training.

(1) General Training.

7. All cadet courses include swimming, water safety, sports and physical training in addition to the normal course subjects.

8. Field exercises include bush survival, construction of shelters and individual preparation of field rations as features of all courses.

ACCOMMODATION

9. Cadets are housed dormitory style, in permanent barracks or modular tenting, with all bedding/sleeping bags provided. Bed linen is changed weekly at no cost to the cadets.

10. A free laundry service is provided twice weekly for all cadets and staff cadets.

CLOTHING

11. Before coming to camp, cadets shall be issued with the following items of uniform by the cadet unit (cadets may bring their own running shoes to camp instead of issued running shoes, if they wish):

a. Male Cadets:

- | | | |
|------|--|------|
| (1) | Jacket, Man's, CF, Cadets | 1 |
| (2) | Trousers, Man's, CF, Cadets | 1 pr |
| (3) | Shirt, Man's, CF, Cadets,
Short Sleeve | 1 |
| (4) | Beret, Knitted wool, green or
approved unit headdress | 1 |
| (5) | Necktie, CF, Cadets | 1 |
| (6) | Boots, Service High Style, Black | 1 pr |
| (7) | Sweater, Man's, Cadets, Turtleneck | 1 |
| (8) | Shirt utility, CF, Cadets, T-shirt | 2 |
| (9) | Belt, Trousers, web, black | 1 |
| (10) | Socks, heavy grey | 2 pr |
| (11) | Gym strip, as follows: | |
| | (a) T-shirt | 1 |
| | (b) Shorts | 1 pr |
| | (c) Running shoes | 1 pr |
| (12) | Tilley-style hat | 1 |

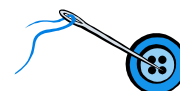
b. Female Cadets:

(1)	Jacket, Woman's, CF, Cadets	1
(2)	Slacks, Woman's, CF, Cadets	1 pr
(3)	Shirt, Woman's, CF, Cadets, Short Sleeve	1
(4)	Beret, Knitted wool, green or approved unit headdress	1
(5)	Necktie, CF, Cadets	1
(6)	Boots, Service High Style, Black	1 pr
(7)	Sweater, Woman's, Cadets, Turtleneck	1
(8)	Shirt utility, CF, Cadets, T-shirt	2
(9)	Belt, Trousers, web, black	1
(10)	Socks, heavy grey	2 pr
(11)	Gym strip, as follows:	
	(a) T-shirt	1
	(b) Shorts	1 pr
	(c) Running shoes	1 pr
(12)	Tilley-style hat	1

12. On arrival at camp, cadets will be issued with summer camp uniforms and such additional equipment as is needed on camp courses. A barrack box/locker for safekeeping of kit and personal belongings is supplied. **Cadets must bring three padlocks or combination locks, two for the storage box and one for the locker.** Valuable items such as expensive watches, jewellery, radios, etc: should be left at home.

13. Each cadet must bring the following items:

- a. toothbrush and toothpaste;
- b. face soap and face cloth, bath towel and face towel;
- c. prescription medications, if required (cadets are strongly advised to have their medications blister-packed by their pharmacists);
- d. shaving kit (if required);
- e. comb;
- f. deodorant (note: aerosol spray cans are **not** permitted);
- g. several changes of underclothing;
- h. bathing suit;
- i. sewing kit;
- j. shoe brush, polish cloth and polish (black);



- k. padlocks (3);
- l. writing materials; and
- m. sunglasses, of a conservative style.

14. Military Band Course Cadets will be provided with instruments and are advised not to bring their own instruments to Camp. However, due to a shortage of available instruments, Pipes and Drums Course Cadets are requested to bring their bagpipes and Highland Dress, if in possession. Instruments must be insured against loss or damage by the cadet corps, parent or guardian and are the responsibility of the individual. The Training Centre has some limited capabilities to repair damaged instruments.



15. Due to the temperate climate and nature of training at VACSTC, it is advisable to bring plenty of underwear, socks and toiletries. Cadets who have been issued cadet t-shirts from previous courses are encouraged to bring these. Cadets should endeavour to bring their cadet sweater, as it will prove to be a valuable item to have when on the field training exercises. Another item cadets will find useful on field training is a flashlight.

16. The following items are **NOT** permitted and will be confiscated and sent home at parents' expense. Staff will not take any liability or cover losses in the event of loss or damage:

- a. equipment additional to that listed above;
- b. personal or Corps issued Combat Clothing;
- c. knives, clasp knives (Except for Expedition Courses and Staff Cadets);
- d. pets;
- e. **civilian clothing** (except Staff Cadets);
- f. blue patrol dress or similar period dress (this clothing **will not** be worn at any time, including final parades);
- g. large portable stereos;
- h. no food, drinks or candy to be brought for health and sanitary reasons. Any of these items found will be confiscated and disposed of;
- i. firearms or ammunition;
- j. non-prescription drugs, alcohol or other controlled substances; and
- k. aerosol deodorants or sprays which are flammable.



17. All items of kit and personal belongings must be marked, in marking ink, with the cadet's name and cadet corps number. All cadets will be subject to a complete kit check on their arrival at the Training Centre. **Any unauthorized items brought to camp will be confiscated and sent home at parents' expense.** Cadets are reminded that they are solely responsible for any valuable items brought to camp. **Camp staff will not be held liable for the loss or damage of valuables brought to camp by cadets.**

FOOD

18. Meals are prepared by qualified staff in two large kitchens and served cafeteria style. All

meals are supervised. The menu is varied, and cadets have a choice of dishes. Cadets who are vegetarians, have food allergies, or have special diet requirements must identify themselves to VACSTC Staff on intake for appropriate arrangements to may be made to accommodate their needs.

MEDICAL CARE



19. VACSTC has a well-equipped medical clinic staffed by a Medical Doctor, nurses, pharmacy technician and military medical assistants. Should cadets require treatment not available at the camp clinic, or any form of hospitalisation, they will be transferred immediately to the local civilian hospital. The appropriate Provincial Medical Plan will pay for treatment received from civilian medical providers. The Department of National Defence will pay for treatment(s), not covered by Provincial Plans that are necessary and authorized by regulations including ambulance charges.

20. Routine dental services are not provided at VACSTC. However, emergency dental treatment is arranged through the Medical Inspection Room.

21. Cadets wearing glasses must have their latest prescription with them to enable immediate replacement should they be accidentally broken while at camp. Repair or replacement of eyeglasses will be IAW CATO 16-07. It is suggested that a second pair of glasses be brought to Camp if they are essential in the performance your duties.

22. It is extremely important that parents and/or guardians provide complete information on all medical conditions on the **Acceptance and Consent Form for Summer Training**. All pre-existing medical conditions, medications being taken and special circumstances (including diet) must be disclosed. On arrival, the medical staff will screen each cadet to ensure that they are fit and to establish whether or not adequate treatment for controllable medical conditions can be provided during their stay. If, after arrival at camp, cadets are considered unfit for training because of injury, illness or special medical needs, they will be sent home after the parents or guardians have been notified.

23. Cadets who, during the course of the summer, suffer injury or illness, which would cause them to miss a significant amount of training and result in the cadet's inability to be successful, will be sent home. In these cases, the Medical Officer will provide the parents and/or guardians as much information as he is permitted by law and regulation.

24. In previous years, Cadets arrive at VACSTC with unlabelled medication. As a result parents are requested to have medications labelled in a blister-pack by a pharmacy for transportation to VACSTC. Cadets on prescription medication must present themselves on "medication parade" as required. Should a cadet not present themselves for one dose, that cadet will be sent to the medical clinic for evaluation and enforcement and a second time will result in the cadet being sent home after the parents or guardians have been notified.

ALLERGIES

25. CF Food Services cannot guarantee the fundamental requirements for allergen-free conditions. Cadets and their families are to be aware that CF facilities do not offer allergen-free foods or food preparation conditions. CF Food Services do not have the resources and cannot cater to individual diner's food "every" restriction by ensuring avoidance of certain ingredients in food preparation. It remains the individual's responsibility to successfully monitor their food intake to avoid an allergen.

DISCIPLINE

26. All Cadets attending camp are subject to the Cadet Code of Conduct, and by consenting to participate in training at VACSTC they shall have agreed to conform to the orders and instructions issued by the Commanding Officer. Each Cadet, after reading and understanding the Cadet Code of Conduct, will sign a copy that is kept on their record.

27. Cadets indulging in inappropriate behaviour, violation(s) of camp rules/regulations or

disrupting the learning of others will be subject to a progressive disciplinary process. Continual poor behaviour or a serious breach of discipline may result in the cadet being sent home. Additionally the Cadet's home region may impose further disciplinary action(s). Examples being losing the privilege of attending future courses and/or summer training opportunities, up to and including termination of membership in the cadet organization.

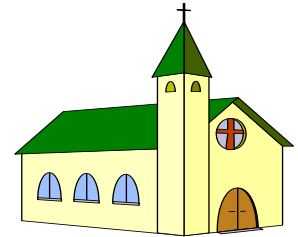
28. When cadets are returned home early for disciplinary reasons, they will only receive the earned portion of their training bonus (see paragraph 32).

SMOKING

29. **Smoking and/or the use of any tobacco products while attending the VACSTC is not permitted, this applies for the entire training period - both on and off the Camp. This policy has been implemented at all Pacific Region CSTCs in keeping with the Canadian Cadet Movement policy and in response to many comments received from parents/guardians of cadets.**

SPIRITUAL WELFARE

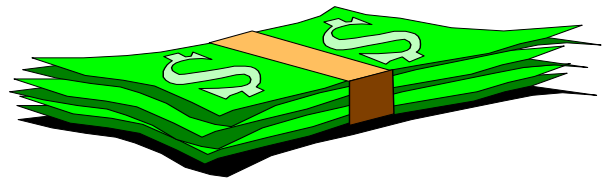
30. Chaplains are in residence throughout the camp period. Times of Religious Services are published in camp Routine Orders, and information regarding services of other denominations is available for those cadets who wish to attend their place of worship outside camp. Attendance at religious services is optional.



31. Weekly personal wellness lessons are scheduled in the training program.

BANKING AND CADET TRAINING BONUS

32. All Cadets undergoing training are entitled to receive a Training Bonus of \$60.00 per week (\$10.00 per day up to a maximum of \$60.00 for each week). This includes all two, three and six week courses. A portion of this money is credited into the VACSTC in-house cadet bank in the name of the cadet and may be withdrawn as required. The remainder is issued by cheque upon completion of the course. The cadet banking service is in place to reduce loss or theft of money. Cadets are encouraged to deposit any money they may bring with them upon arrival. The bank is open daily to cadets for deposits and withdrawals. In order to avoid administrative problems with personal cheques, only cash, certified cheques, traveller's cheques and money orders are accepted at the Cadet Bank.



ID CARDS

33. ID Cards will be issued to all cadets for internal use at VACSTC.

RECREATIONAL ACTIVITIES

34. The following recreational activities are incorporated in the training program or are available to cadets during their stay at Vernon Army Cadet Summer Training Centre:

- a. swimming - Recreational swim periods are part of the training program;
- b. sports - During the evenings there are inter-platoon team sports played plus a sports day of fun events, which will be conducted during the camp;



- c. movies;
- d. games room; and
- e. canteen - The camp operates a large canteen which features a milk bar, soft drinks, candies, toiletries, arcade games and souvenirs.



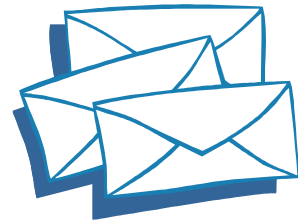
LEAVE - CADETS

35. There is **NO** overnight leave authorized for staff cadets or course cadets, except that cadets may stay overnight if in the company of the parent or guardian whose name has been forwarded on the **Acceptance and Consent Form** and **only if training permits**. With the changes to our training syllabus, training is conducted 7 days a week. Some courses are more open from a training perspective than others. Parents or guardians are encouraged to check with camp staff well in advance in order to ensure that a cadet will be available for a visit or time away from their training. To contact the camp see paragraphs 37-38.

MAIL

36. The Camp Post Office operates throughout the camp period. The mailing address for cadets and staff cadets is:

Cadet Rank, Name and Initials
Course and/or Company
Vernon Army Cadet Summer Training Centre
P.O. Box 907
Vernon, BC V1T 6M8



TELEPHONE

37. The camp telephone number is (250) 549-5800. Numerous pay phones are available at the Training Centre for cadets to make personal telephone calls. Collect calls will not be accepted by the camp operator.

38. To contact a cadet, parents should call the camp toll free number **(1-888-530-2288)** and give full particulars of the cadet they wish to contact including their course and company name and leave a telephone number for them to call. The Duty Staff will pass these messages to the cadet. Due to the location of the Cadet on training the return call may take place several hours later or even the following day.



39. Cadets may bring their personal cellular phones to Camp; however, when they do the following restrictions will apply:

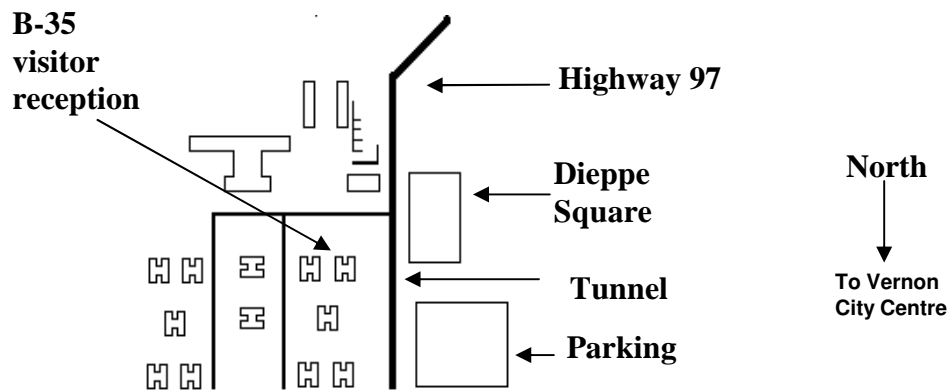
- a. each cadet retaining his/her cellular phone will sign a Cellular Phone Policy agreement;
- b. cellular phones will be turned off during training hours;
- c. if the cadet violates the agreement, the cellular phone will be confiscated and sent home COD; and
- d. staff will not be held liable for the loss or damage of cell phones.

VISITORS

40. Parents/guardians, relatives and all visitors must report to the Reception Centre in building B-35.

41. Adequate hotel and motel accommodation is available in Vernon; however, due to several major events conducted in Vernon during the summer it is recommended that reservations be made in advance.

42. Access for visitors will be pedestrian only, through the tunnel. Parking will be available in the lot located west of highway 97 and south of 15th Avenue. Guests are directed to the reception centre located immediately to the right in building B35. Guests will NOT be permitted vehicle access.



CADET CEREMONIAL PARADES

43. Parents and friends are encouraged to attend the end of course parades. The following Graduation Parades will take place on either Sicily or Dieppe Parade Squares at Vernon Military Camp, on the dates and times shown below:

<u>DATE</u>	<u>TIME</u>	<u>COURSE</u>
19 July 2013	0830 hours	1st General Training
26 July 2013	0830 hours	1st Basic Marksman
26 July 2013	0830 hours	1st Basic Leadership
26 July 2013	0830 hours	1st Basic Expedition
26 July 2013	0830 hours	1st Military Band – Basic Musician
26 July 2013	0830 hours	1st Pipe Band – Basic Musician
26 July 2013	0830 hours	1st Basic Fitness & Sports
02 August 2013	0830 hours	2nd General Training
12 August 2013	0830 hours	Bravo Training Group

13 August 2013	0830 hours	Delta Training Group
13 August 2013	1030 hours	Echo Training Group
14 August 2013	0830 hours	Alpha Training Group
16 August 2013	0830 hours	3rd General Training

44. The Final Parade and Sunset Ceremony for all 6-week and 3-week courses will be conducted on **Thursday the 15th of August 2013 at 1830 hrs** on **Dieppe Parade Square**. This is a very important ceremonial occasion and friends and family are most welcome to attend. This parade will include the following courses:

Drill & Ceremonial Instructor;

Expedition Instructor;

Air Rifle Instructor;

Military Band – Intermediate Music Military Band;

Advanced Military Band/Pipes and Drums; and

All Basic Courses – Leadership, Fitness and Sports, Band, Expedition, Marksmanship.

45. Parents/guardians who wish to pick up cadets after final parades are required to notify VACSTC Movements Section of their intentions well in advance (**1-888-530-2288**). All DND transportation is arranged on a return basis and the unscheduled picking up of a cadet is costly. Cadets and Staff Cadets are not available for Parental Pickup (PPU) after the Final Parade and Sunset Ceremony. They will be available for PPU as per the following,

Course Cadet Parent Pickup (PPU) begins at 1300 hours Friday, **16 Aug 2013**; and

Staff Cadet Parent Pickup (PPU) begins at 1300 hours **Saturday, 17 Aug 2013**.

46. All information in this booklet has been designed to assist cadets and their parents/guardians in understanding the organization and training offered at Vernon Army Cadet Summer Training Centre. Parents/Guardians having any further questions regarding Vernon Army Cadet Summer Training Centre or the summer training program should contact their Cadet Corps Commanding Officer or appointed Summer Contact Officer.

RECORD OF PERSONAL ITEMS

1. Unless serial numbers and descriptions of personal items are properly recorded, it is almost impossible to identify items reported as lost, found or stolen. All cadets are required to record their names on their personal belongings and to record serial numbers and a description of their valuables. **Vernon Army Cadet Summer Training Centre is not responsible for lost, stolen or damaged personal items.**

SERIAL NUMBER

ITEM AND DESCRIPTION

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THIS PAGE IS TO BE COMPLETED AND **MUST** ACCOMPANY THE CADET TO VERNON ARMY CADET SUMMER TRAINING CENTRE.