



ROYAL CANADIAN ARMY CADETS

MASTER CADET INSTRUCTIONAL GUIDE

(ENGLISH)

Cette publication est disponible en français sous le numéro A-CR-CCP-705/PF-002.

Issued on Authority of the Chief of the Defence Staff

Canada



NOTICE

This documentation has been reviewed by the technical authority and does not contain controlled goods. Disclosure notices and handling instructions originally received with the document shall continue to apply.

AVIS

Cette documentation a été révisée par l'autorité technique et ne contient pas de marchandises contrôlées. Les avis de divulgation et les instructions de manutention reçues originalement doivent continuer de s'appliquer.



ROYAL CANADIAN ARMY CADETS

MASTER CADET INSTRUCTIONAL GUIDE

(ENGLISH)

Cette publication est disponible en français sous le numéro A-CR-CCP-705/PF-002.

Issued on Authority of the Chief of the Defence Staff

OPI: D Cdts 3 – Senior Staff Officer Youth Programs Development

2010-11-01

Canada



NOTICE

This documentation has been reviewed by the technical authority and does not contain controlled goods. Disclosure notices and handling instructions originally received with the document shall continue to apply.

AVIS

Cette documentation a été révisée par l'autorité technique et ne contient pas de marchandises contrôlées. Les avis de divulgation et les instructions de manutention reçues originellement doivent continuer de s'appliquer.

LIST OF EFFECTIVE PAGES

Insert latest changed pages and dispose of superseded pages in accordance with applicable orders.

NOTE

The portion of the text affected by the latest change is indicated by a black vertical line in the margin of the page. Changes to illustrations are indicated by miniature pointing hands or black vertical lines.

Dates of issue for original and changed pages are:

Original.....	0	2010-11-01	Ch.....	3
Ch.....	1		Ch.....	4
Ch.....	2		Ch.....	5

Zero in Change No. column indicates an original page. Total number of pages in this publication is 545 consisting of the following:

Page No.	Change No.	Page No.	Change No.
Cover page.....	0	M504.01A-1 to M504.01A-8.....	0
Title.....	0	M504.02-1 to M504.02-6.....	0
A to C.....	0	M504.02A-1 to M504.02A-4.....	0
i to viii.....	0	M504.02B-1 to M504.02B-6.....	0
M501.01-1 to M501.01-12.....	0	M504.03-1 to M504.03-4.....	0
C501.01-1 to C501.01-4.....	0	C504.01-1 to C504.01-4.....	0
C501.01A-1 to C501.01A-18.....	0	C504.01A-1 to C504.01A-20.....	0
C501.01B-1 to C501.01B-2.....	0	M507.01-1 to M507.01-16.....	0
C501.02-1 to C501.02-4.....	0	M507.01A-1 to M507.01A-2.....	0
C501.02A-1 to C501.02A-14.....	0	C507.01-1 to C507.01-4.....	0
C501.02B-1 to C501.02B-2.....	0	C507.01A-1 to C507.01A-22.....	0
M503.01-1 to M503.01-12.....	0	C507.01B-1 to C507.01B-4.....	0
M503.01A-1 to M503.01A-2.....	0	C507.02-1 to C507.02-4.....	0
M503.01B-1 to M503.01B-2.....	0	C507.02A-1 to C507.02A-14.....	0
M503.02-1 to M503.02-20.....	0	C507.02B-1 to C507.02B-2.....	0
M503.02A-1 to M503.02A-2.....	0	C507.02C-1 to C507.02C-2.....	0
M503.02B-1 to M503.02B-8.....	0	C507.03-1 to C507.03-4.....	0
M503.02C-1 to M503.02C-4.....	0	C507.03A-1 to C507.03A-20.....	0
M503.02D-1 to M503.02D-6.....	0	C509.01-1 to C509.01-4.....	0
M503.03-1 to M503.03-14.....	0	C509.01A-1 to C509.01A-14.....	0
M503.04-1 to M503.04-6.....	0	C509.01B-1 to C509.01B-2.....	0
M503.04A-1 to M503.04A-2.....	0	C509.01C-1 to C509.01C-2.....	0
C503.01-1 to C503.01-6.....	0	C509.01D-1 to C509.01D-4.....	0
C503.01A-1 to C503.01A-20.....	0	C521.01-1 to C521.01-4.....	0
C503.01B-1 to C503.01B-2.....	0	C521.01A-1 to C521.01A-18.....	0
C503.01C-1 to C503.01C-8.....	0	C521.01B-1 to C521.01B-4.....	0
M504.01-1 to M504.01-8.....	0	C522.01-1 to C522.01-4.....	0

LIST OF EFFECTIVE PAGES (Cont)

Page No.	Change No.	Page No.	Change No.
C522.01A-1 to C522.01A-18.....	0	C525.02B-1 to C525.02B-4.....	0
C522.01B-1 to C522.01B-8.....	0	C525.03-1 to C525.03-4.....	0
C522.01C-1 to C522.01C-2.....	0	C525.03A-1 to C525.03A-24.....	0
C525.01-1 to C525.01-4.....	0	C525.03B-1 to C525.03B-2.....	0
C525.01A-1 to C525.01A-24.....	0	C527.01-1 to C527.01-4.....	0
C525.01B-1 to C525.01B-4.....	0	C527.01A-1 to C527.01A-30.....	0
C525.02-1 to C525.02-4.....	0	C527.01B-1 to C527.01B-2.....	0
C525.02A-1 to C525.02A-18.....	0		

Contact Officer: D Cdts 3-2-5 – Army Cadet Program Development Staff Officer

© 2010 DND/MDN Canada

THIS PAGE INTENTIONALLY LEFT BLANK

FOREWORD AND PREFACE

1. **Issuing Authority.** This Instructional Guide (IG) A-CR-CCP-705/PF-001 was developed under the authority of the Director Cadets and Junior Canadian Rangers, and issued on the authority of the Chief of Defence Staff.
2. **Development.** Development of this IG was in accordance with the performance oriented concept of training outlined in the A-P9-050 Series, *Canadian Forces Individual Training and Education System*, with modifications to meet the needs of the Cadet Organization.
3. **Purpose of the IG.** The IG to be used by Royal Canadian Army Cadet Corps in conjunction with other resources to conduct Master Cadet training. The IG provides instructors with the base means from which to deliver training. Individual IGs are to be reviewed in conjunction with the Lesson Specifications (LSs) found in Chapter 4 of A-CR-CCP-705/PG-001, *Royal Canadian Army Cadet Master Cadet Qualification Standard and Plan*, before instructing, so that each instructor can adequately plan for and prepare each lesson. Instructors may be required to develop instructional materials to support training in addition to any that may be provided, eg, posters, videos, handouts, models, etc, supplemental to training control and support documents. Suggested instructional activities are included in most IGs to maximize learning and fun. Instructors are also encouraged to modify and / or enhance the activities, as long as they continue to contribute to enabling objective achievement.
4. **Use of the IG.** Throughout these IGs, a series of information boxes are used to highlight information; they include:



Note to the Instructor.



Key information to pass along to cadets.



Refer to the following CF regulations and policies.



Points of interest or special instructions the instructor should pass along to cadets.



Introduction of material to be presented in the section.



Personal question to which a written answer is expected.



Did you know?

Information meant to add to the interest level of self study packages.



Activate Your Brain

Confirmation question to which a written answer is expected.

An answer key is provided at the end of each self-study package.



Instructions on where to get more information on the subject.



Rhetorical question meant for reflection. A written answer is not expected.



Question that refers to previously taught mandatory material. A written answer is expected.



Information to explain or clarify the content of a self study package.



Indication of the end of the content within a self study package. If applicable a final exercise will follow which the cadet will complete and return to the course / training officer.

5. **Suggested Changes.** Suggested changes to this document shall be forwarded through the normal chain of command to National Defence Headquarters (NDHQ) Attention: Army Cadet Program Development Staff Officer (D Cdts 3-2-5), or by email to arm.dev@cadets.gc.ca.

THIS PAGE INTENTIONALLY LEFT BLANK

TABLE OF CONTENTS

		PAGE
CHAPTER 1 PO 501		
Section 1	EO M501.01 – DEFINE GLOBAL CITIZENSHIP.....	M501.01-1
Section 2	EO C501.01 – REFLECT UPON INDIVIDUAL GLOBAL CITIZENSHIP.....	C501.01-1
Attachment A	C501.01A-1
Attachment B	C501.01B-1
Section 3	EO C501.02 – ANALYZE A GLOBAL ISSUE.....	C501.02-1
Attachment A	C501.02A-1
Attachment B	C501.02B-1
CHAPTER 2 PO 503		
Section 1	EO M503.01 – CREATE A PROPOSAL.....	M503.01-1
Attachment A	CREATE A PROPOSAL	M503.01A-1
Attachment B	CREATE A PROPOSAL AIDE-MÉMOIRE	M503.01B-1
Section 2	EO M503.02 – PREPARE AN EXERCISE.....	M503.02-1
Attachment A	M503.02A-1
Attachment B	EXERCISE PLAN EXAMPLE	M503.02B-1
Attachment C	EXERCISE PLAN TEMPLATE	M503.02C-1
Attachment D	GUIDED DISCUSSION WORKSHEET	M503.02D-1
Section 3	EO M503.03 – CONDUCT AN EXERCISE.....	M503.03-1
Section 4	EO M503.04 – CONCLUDE AN EXERCISE.....	M503.04-1
Attachment A	AFTER ACTION REPORT	M503.04A-1
Section 5	EO C503.01 – EXAMINE MEETING PROCEDURES.....	C503.01-1
Attachment A	C503.01A-1
Attachment B	C503.01B-1
Attachment C	EXERCISE PLAN EXAMPLE	C503.01C-1
CHAPTER 3 PO 504		
Section 1	EO M504.01 – PARTICIPATE IN THE CADET FITNESS ASSESSMENT.....	M504.01-1
Attachment A	SAMPLE STRETCHES	M504.01A-1
Section 2	EO M504.02 – UPDATE PERSONAL ACTIVITY PLAN.....	M504.02-1
Attachment A	SAMPLE PERSONAL ACTIVITY PLAN	M504.02A-1
Attachment B	PERSONAL ACTIVITY PLAN	M504.02B-1
Section 3	EO M504.03 – EVALUATE PERSONAL ACTIVITY PLAN.....	M504.03-1
Section 4	EO C504.01 – EXAMINE THE USE OF TECHNOLOGY IN PHYSICAL FITNESS ACTIVITIES.....	C504.01-1
Attachment A	C504.01A-1

TABLE OF CONTENTS (Cont)

	PAGE
CHAPTER 4 PO 507	
Section 1 EO M507.01 – DEVELOP A PERSONALIZED SCHEDULE.....	M507.01-1
Attachment A	M507.01A-1
Section 2 EO C507.01 – IDENTIFY SERVICE OPPORTUNITIES FOR A CADET INSTRUCTORS CADRE (CIC) OFFICER.....	C507.01-1
Attachment A	C507.01A-1
Attachment B	C507.01B-1
Section 3 EO C507.02 – IDENTIFY VOLUNTEER OPPORTUNITIES WITH THE ARMY CADET LEAGUE OF CANADA (ACLC).....	C507.02-1
Attachment A	C507.02A-1
Attachment B	C507.02B-1
Attachment C	C507.02C-1
Section 3 EO C507.03 – REFLECT UPON THE CADET EXPERIENCE.....	C507.03-1
Attachment A	C507.03A-1
CHAPTER 5 PO 509	
EO C509.01 – MONITOR INSTRUCTION.....	C509.01-1
Attachment A	C509.01A-1
Attachment B	C509.01B-1
Attachment C ASSESSMENT CHECKLIST	C509.01C-1
Attachment D ASSESSMENT RUBRIC	C509.01D-1
CHAPTER 6 PO 521	
EO C521.01 – RECOGNIZE THE IMPACT OF HUMAN ACTIVITY ON ECOSYSTEMS.....	C521.01-1
Attachment A	C521.01A-1
Attachment B	C521.01B-1
CHAPTER 7 PO 522	
EO C522.01 – ANALYZE MAP TOPOGRAPHY.....	C522.01-1
Attachment A	C522.01A-1
Attachment B	C522.01B-1
Attachment C	C522.01C-1
CHAPTER 8 PO 525	
Section 1 EO C525.01 – EXAMINE ELEMENTS OF SAFETY AND RISK MANAGEMENT.....	C525.01-1
Attachment A	C525.01A-1
Attachment B	C525.01B-1
Section 2 EO C525.02 – RECOGNIZE INDIVIDUAL BEHAVIOUR DURING AN EXPEDITION.....	C525.02-1

TABLE OF CONTENTS (Cont)

	PAGE
Attachment A	C525.02A-1
Attachment B	C525.02B-1
Section 3 EO C525.03 – ANALYZE SITUATIONS USING RISK MANAGEMENT STRATEGIES.....	C525.03-1
Attachment A	C525.03A-1
Attachment B	C525.03B-1
CHAPTER 9 PO 527	
EO C527.01 – EXAMINE CANADIAN ARMY AND OUTDOOR- RELATED EDUCATIONAL AND CAREER OPPORTUNITIES.....	C527.01-1
Attachment A	C527.01A-1
Attachment B	C527.01B-1

THIS PAGE INTENTIONALLY LEFT BLANK