



Cadet Activity Programs 2022



PAC Québec / Quebec CAP

@PACQUEBECCAP

WELCOME

Welcome to the Cadet Activity Programs! Throughout your participation, you will be challenged in a variety of activities. Be sure to review these rallying instructions with your parents/guardians so that you are prepared for each day of your CAP!



Quebec Cadet Activity Program | Programme d'activités des cadets du Québec

In order to provide a healthy environment for all participants, the Cadet Activity Programs are smoke-free. *Tobacco products, including electronic cigarettes, are not permitted during the CAP.*

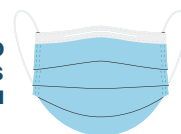


HEALTH MEASURES



I do not have any symptoms of COVID-19
I commit myself to respecting all health regulations

Masks are sometimes required. Equip yourself with a mask if your CAP takes place in a military establishment or if you are participating in the 12-day CAP.



Good hygiene practices should be maintained.

WE LOOK FORWARD TO SEEING YOU SOON!



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SITE SUPERVISOR

CAPT MATTHEW LEE

MATTHEW.LEE@CADETS.GC.CA

DRESS

Day 1: Training dress C5 (NCD/FTU)

Day 2: Training dress C5E (Sport)

Day 3: Training dress C5 (NCD/FTU)

Day 4: Training dress C5E (Sport)

Day 5: Training dress C5E (Sport)



OTTAWA SITE - 5 DAYS

TRANSPORTATION

The 5-day Ottawa CAP will be held at

Sooners Megadome

(5315 Abbott St E, Stittsville, ON K2S 0X3)



Your travel to (08:00) and from (16:30) the CAP site must be provided by your parents/guardians.

EQUIPMENT REQUIRED

To ensure that you are well equipped when participating in the CAP, please ensure that you have the following equipment on hand:

- Lunch (non-microwaveable)
- Water bottle
- Change of sports clothes
- Safety strap for glasses
- Health card
- Non-medical mask (mandatory)

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5



Leadership activities



Sports



Biking



Sports



CFAIP



Air Rifle
Marksmanship



Tri-Elemental challenges



Geocaching



Citizenship



Ceremony

