

EASTERN REGION'S SUMMER ACTIVITIES INFORMATION BOOKLET

Summer 2022

UNIQUE EXPERIENCES...

...on summer camps or in your community!

Congratulations on your participation in a cadet summer activity for the summer of 2022. Whether at a Cadet Training Centre (CTC) or in the Cadet Activity Program (CAP), you will have the opportunity to participate in unique and enriching experiences.

In this booklet, you will find the general details on all the summer activities. The goal is to provide you with all the information you need to have a pleasant experience!

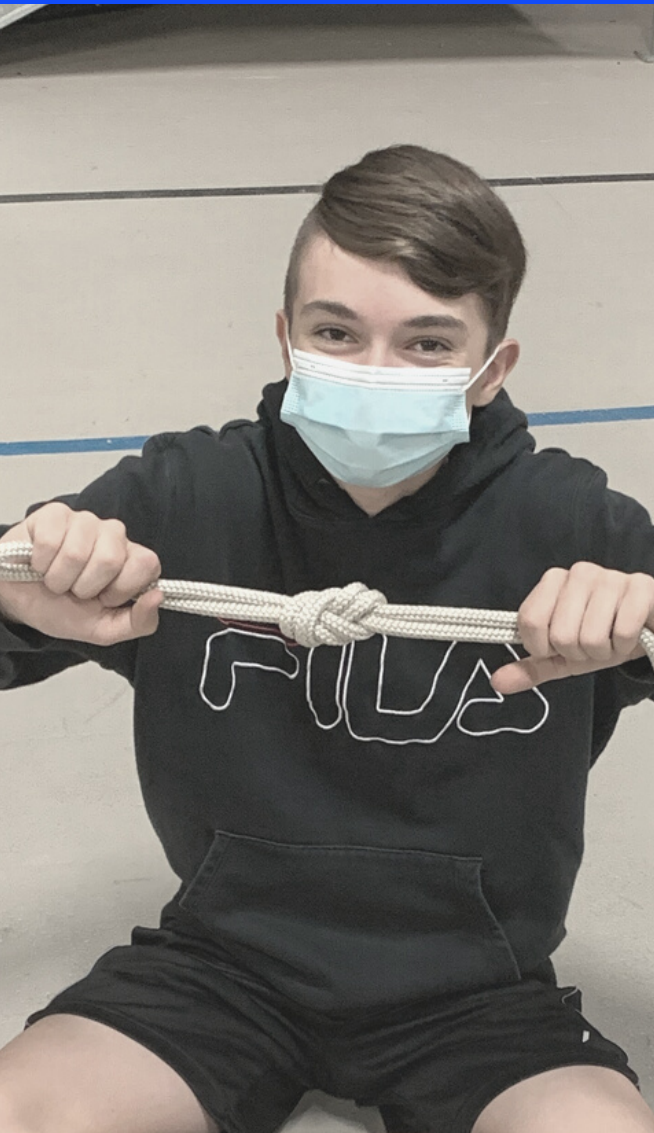
Note that if you no longer wish to participate in a summer activity, it is essential to inform your officers as soon as possible so we can offer the chance to another cadet who is waiting.





CADET ACTIVITY PROGRAM (CAP)





GENERAL INFORMATION

What to expect from the CAP??

The Cadet Activity Program (or CAP) consists of activities offered in your community for first- and second-year cadets. During five or twelve days, you will have the opportunity to live experiences directly related to the local training program. In the 12-day CAPs, an activity with overnight stay (max 3) will also be offered.

Here is an overview of possible activities:

- Leadership and citizenship activities
- Sports activities
- Marksmanship
- Drill
- Geocaching
- Elemental and Canadian Armed Forces familiarization specific day
- Team work
- And much more!

EACH ZONE HAS ITS OWN REALITY AND DISTINCT CAP SCHEDULE. CAP-SPECIFIC JOINING INSTRUCTIONS WILL BE SENT.

FOR MORE INFORMATION, ASK YOUR CADET CORPS OR SQUADRON'S OFFICERS.

Note that in accordance with [CANCDTGEN005/22](#), cadets must be adequately vaccinated against COVID-19 for overnight activities. Vaccination proof may be requested.

There may also be a requirement for a vaccination from some day activity providers. Cadets will be notified in advance.

Follow us on Facebook to see content about the CAP all over the province!



[@PACQuebecCAP](#)

WHEN



MONDAY THROUGH FRIDAY*
FROM JULY 4 TO AUGUST 12

*Format may vary from a zone to another and activities could take place only during the weekend in some locations.

For the 12-day CAP, one activity with overnight stay will take place (moment to be confirmed.)

LOCATIONS



IN A COMMUNITY NEAR YOU.

DURATION



5 OR 12 DAYS
FROM 8 A.M. TO 4 P.M.



CADET TRAINING CENTRE (CTC)





THE CTC...

... a variety of courses all over the province!

There is a wide variety of courses offered to cadets in their third year of training and above. Courses can be of different duration, from two to seven weeks.

Note that according to [CANCDTGEN005/22](#), cadets must be adequately vaccinated against COVID-19 for overnight activities, including the CTC experience. Vaccination proof will be requested upon departure of the cadets.



LEAVE POLICY

As a rule, leaves can be granted on weekends. However, there may be some exceptions for some certain courses.

For more information, write to the generic CTC email or follow us on the CTC Facebook pages.

Note that the Leave Authorization Form must be completed and submitted.



CADET365 ACCOUNT

A CADET365 account will be necessary for certain distance learning items before arriving at the CTC.

Make sure to contact your officers to obtain your cadet email and password.



FOR MORE INFORMATION

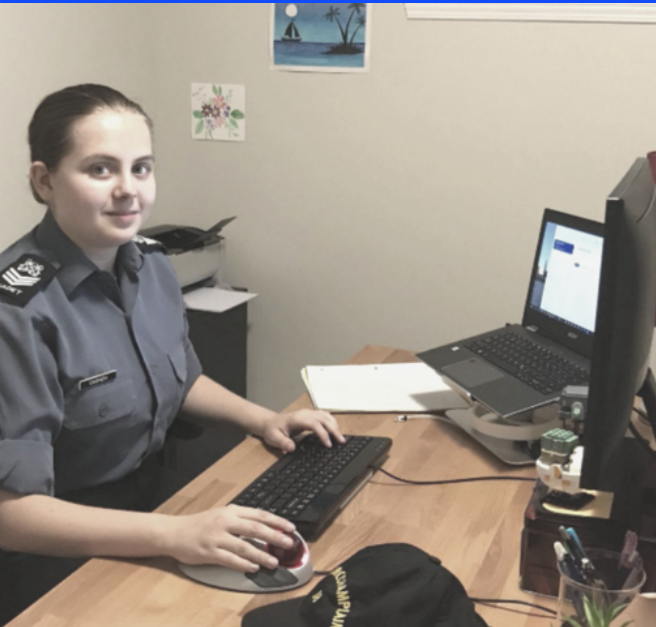
VISIT CANADA.CA/ETE-CADET-2022



CORRESPONDENCE

Need to write a letter or send an item to a cadet? Here is the information needed when sending:

First and last name
Course title
Complete CTC address
(see next page for contact information)



VIRTUAL DISTANCE TRAINING

For some summer courses, a week of virtual distance training will be required before entering the CTC.

It is essential that cadets have access to their Cadet365 account **before** the start of their distance learning.



CALENDAR

Valcartier

From June 27 to July 1

First intake of the following courses:

- Survival Instructor
- Drill and Ceremonial Instructor
- Fitness and Sports Instructor
- Air Rifle Marksmanship Instructor
- Music courses

From July 18 to 22

Second intake of the following courses:

- Survival Instructor
- Drill and Ceremonial Instructor
- Fitness and Sports Instructor
- Air Rifle Marksmanship Instructor
- Music courses



MATERIAL

In order to participate in distance training, cadets will have to make sure they have the following equipment:

- Internet access
- Computer or electronic device capable of working with Microsoft Teams
- Note-taking material

Bagotville

From July 4 to 8

- Advanced Aviation



INFORMATION ON CENTRES



VALCARTIER CADET TRAINING CENTREVALCARTIER



CONTACT INFORMATION

2nd Canadian Division Support Base
Valcartier

P. O. Box 1000, Station Forces
Courcellette (Québec) G0A 4Z0

Phone: 418-844-5000, ext. 3500

Email: CECV@cadets.gc.ca

COURSES OFFERED

- Music courses*
- Fitness and Sports Instructor*
- Air Rifle Marksmanship Instructor*
- Drill and Ceremonial Instructor*
- Expedition Team Leader*
- Survival Instructor*
- Expedition Team Member

*Courses marked with an asterisk will have a week of virtual training before arriving at the CTC.



[@CadetsValcartier](https://www.facebook.com/CadetsValcartier)

BAGOTVILLE CADET TRAINING CENTRE



CONTACT INFORMATION

Canadian Forces Base Bagotville
P. O. Box 5000, Station Bureau-chef
Alouette (Québec) G0V 1A0

Phone: 418-677-4000, ext. 7906

Email: CECB@cadets.gc.ca

COURSES OFFERED

- Sail 1
- Sail 2
- Advanced Aviation*
- Seamanship

*Courses marked with an asterisk will have a week of virtual training before arriving at the CTC.



[@CadetsBagotville](https://www.facebook.com/CadetsBagotville)

SAINT-JEAN CADET TRAINING CENTRE



CONTACT INFORMATION

Saint-Jean Garrison
25 Grand Bernier
Saint-Jean-sur-Richelieu (Québec)
J0J 1R0

COURSES OFFERED

- Power Pilot Training
- Glider Pilot Training

Courriel: CEVC@cadets.gc.ca



[@CadetsStJean](https://www.facebook.com/CadetsStJean)



END OF COURSE PARADES



JULY

15 July, 10 a.m. – First intake of 2-week courses

22 July, 10 a.m. – First intake of 3-week courses

29 July, 10 a.m. – Second intake of 2-week courses and Expedition Team Leader course

AUGUST

12 August, 10 a.m. – Second intake of 3-week courses and third intake of 2-week courses



JULY

15 July, 10 a.m. – First intake of 2-week courses

29 July, 10 a.m. – 3-week courses and second intake of 2-week courses

AUGUST

12 August, 10 a.m. – 6-week courses



For the PPTC Bromont and St-Honoré, ceremonies will be organized locally. More information will be available at the beginning of the camp.

AUGUST

13 August, 10 h – BPP



Leaving the Summer Camp

Cadets may leave the CTC with their parents/guardians after their end of camp ceremony. A confirmation must be submitted by the cadet in the week before departure.

Cadets returning by bus will be advised of the schedule and procedure 48 hours prior to departure.



TRANSPORTATION TO THE CTC



Dress During Travel

Cadets must travel in uniform (boots, pants, belt, shirt or gunshirt, name tag, element headdress.) Rank slip ons, jacket, tie and parade attributes should not be brought.



Group Travel

By June 13, Cadet Corps and Squadrons will be provided with group transportation dates and times for cadets going to CECs. The majority of cadets will travel as a group by charter bus. An adult will be present on the buses. For some cadets, they will need to purchase the ticket themselves to travel by civilian transport: this will be indicated in the transport orders in Fortress.

For cadets traveling outside of Quebec, you will receive relevant travel itinerary information from your contact officer. If you still do not have information a week before departure, please contact them.



Travel with Parents

Cadets residing in the immediate area of the CTC must present themselves at the CTC from the time indicated on the travel plan given by the Corps or Squadron. Parents who would like to drive their child directly to the CTC, even if there is a scheduled bus, should notify the point of contact as soon as possible.



Travel by Plane

You will receive additional instructions on baggage security during air transport from your contact officer. Cadets must have a valid government-issued photo ID. The name and date of birth must be indicated on the card. (Ex. RAMQ card) Cadets must also have their vaccination proof in order to travel on board an aircraft.



TRAVEL COORDINATION CENTRE (TCC)

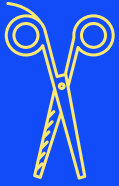
To reach someone, call 1-800-681-8180 and follow the directions to contact the Travel Coordination Center (TCC.)

Adresse:
Saint-Jean Garrison
25, rue Grand-Bernier
Saint-Jean-sur-Richelieu (Québec)
J3B 2X8

AVAILABLE SERVICES



Canteen (in the evening)



Barber
(Weekly)



Wifi (in the evening)



Public phones



Moral support service with
chaplains and Youth
Advisorsjeunesse



Training Allowance

Cadets will need to arrive at the Cadet Training Center with a void check and the Direct Deposit Form (CDT-130) in order to allow their training allowance to be paid by direct deposit and for and the reimbursement of transport costs for some cadets.

Please note that all cadets will receive, in cash, an amount of their allowance during camp to give them pocket money for their personal expenses. It is still recommended to bring an amount of approximately \$20 as pocket money to the CTC.

Some purchases may be charged directly to the training allowance (e.g. official group outings.)

DISCIPLINE

All participants must abide by the regulations promulgated by the authorities of the CTC including the rules of community life and the Code of Conduct.



Consumption or possession of drugs, alcohol, non-prescription medication or energy drinks is prohibited.



Firearms and bladed weapons (penknives, knives, machetes, flares) are prohibited. Laser pointers, lighters and any other material used to light a flame are prohibited.



No tobacco products are sold in summer camp canteens.

Possession and consumption of cannabis is prohibited for cadets.

Programs are in place to encourage staff and cadets to quit smoking.



MEDICAL INFORMATION

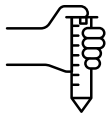


Primary medical services and emergency dental care are available at each CTC. When you receive the Participation Offer, it is important to declare any change in medical condition to the Medical Section. A wrongful declaration could, in some cases, lead to a return home before boarding or upon arrival at the center.



Medication

We strongly encourage cadets with prescription medications to use blister packs (Dispill). Many pharmacies offer this service free of charge. Otherwise, medication must be in its original container with the original label. It is requested that cadets arrive with enough medication to cover the entire camp period. Over-the-counter medication is permitted, but cadets may not keep them with them. Medicines must be in their original packaging, sealed and not expired. The form found in Annex C of CATO 16-04 must be completed and signed by the parents prior to the cadet's arrival at the center.



EpiPen

Cadets with a medical condition that could cause anaphylactic shock **must** have two (2) EpiPen in their possession as well as a copy of the emergency plan.



Vaccination

We recommend that cadets be up to date with their vaccinations according to the recommendations of their home province's immunization program. Cadets must bring their vaccination record or a copy of it.

In addition, as stated in [CANCDTGEN 005/22](#) on COVID-19 Vaccination Requirements for Cadets, all cadets participating in overnight summer training or ship deployments must be vaccinated against COVID-19. Cadets should be prepared to present their proof of vaccination when they arrive at the start of the activity.

Glasses, contact lenses and frames

These items are considered the cadet's personal items. Consequently, it is strongly recommended that the cadet and their parents take out insurance for the repair or replacement of glasses. In addition, cadets who wear glasses must have a spare pair of glasses and a copy of the prescription with them. Cadets are responsible for their eyewear and must reduce the risk of loss and damage (e.g., by wearing a tether). In the event of damage during the stay at the center, the staff will coordinate the replacement with the parents and the costs incurred will be paid by the parents.



LIST OF MATERIAL TO BRING



Uniform

- Uniform for transportation
- Elemental T-shirt (2)
- Wool socks (2)
- Fleece (winter coat lining) (1)
- Training dress (Sea element)
- Field dress with boots (Army & Air)

Course Specific Clothing and Material

Sports Courses

- Additional sneakers

Drill Courses

- Jacket

Music Courses

- Personal instrument (*optional - the instrument is under the cadet's responsibility*)
- Jacket

Sea Courses

- Water shoes
- Nautical clothing

Expedition Courses

- Trekking boots (*optional)
- Water shoes

Staff Cadet

- Phase 5/Staff Cadet/Level 5 logbook

St-Jean CTC

- Combination padlock (2)

Civilian Clothing

- Sneakers (1)
- Shorts (2)
- Pants (2)
- Jogging pants(2)
- Sports T-shirt (2)
- Long sleeve shirt (2)
- Cotton socks (7)
- Underwear (7)
- Pajama (1)
- Swimsuit (one-piece sports type) (1)

Violent, racist, sexist, alcohol/drug related or offensive symbols are not permitted on civilian clothing.

Required Personal Items

- Soap/soap dish
- Shampoo
- Comb or hair brush
- Toothbrush, toothpaste and dental floss
- Shower sandals
- Washcloth (2)
- Towel (2)
- Deodorant
- Razor and shaving cream
- Pads/tampons/feminine hygiene products
- Swimming cap
- Lip balm
- Padlock (3)
- Pencils and pencil case
- Notebook
- Tissues
- Hangers (5)
- Laundry soap
- Black shoe wax kit
- Nail file/cutter
- Small backpack/water bottle (optional)
- Camera (optional)
- Electronic device (personal choice)
- Iron (optional)
- Wet towels (expedition)
- Sunscreen (30 protection)
- Tether for glasses
- MedicAlert bracelet (strongly recommended) (allergies/severe health conditions)



IMPORTANT, DO NOT FORGET



- RAMQ card (**mandatory**)
- Vaccination record or photocopy including vaccination proof against COVID-19
- Prescription medication (in the original container/Dispill and with a copy of the valid prescription)
- Forms
 - CATO 16-04, Annex C for OTC/Prescription medication **completed and signed**
 - Leave authorization **completed and signed**
 - Direct Deposit form (CDT-130) with void check
- Pocket money (\$20)
- Calling card (if needed)