

SECTION 12**PO X20 – PARTICIPATE IN CAF FAMILIARIZATION ACTIVITIES**

1. **Performance:** Participate in CAF Familiarization Activities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet will participate in CAF familiarization activities designed to stimulate an interest in the sea, land or air environments of the CAF, such as:
 - a. participate in a CAF activity;
 - b. participate in a CAF familiarization tour;
 - c. fire the C7 rifle;
 - d. participate in a mess dinner;
 - e. attend a CAF presentation;
 - f. attend a CAF commemorative ceremony;
 - g. participate in a CAF video activity; and / or
 - h. participate in CAF familiarization learning stations.
4. **Remarks:**
 - a. The aim of this PO is to stimulate the interest of cadets in the sea, land and air activities of the CAF. Activities chosen for this training are not limited to those presented above but must be age appropriate, safe and in-line with the aim.
 - b. Two sessions (six periods) of mandatory training are allocated for this PO. Corps / squadrons may choose one or more of the above activities.
 - c. More time for these activities may be allocated from complementary training time.
 - d. Any of the activities can be combined. For example, cadets may attend a CAF presentation for two periods and watch a CAF familiarization video for one period.
 - e. Participation in an exercise with an affiliated unit or other CAF unit shall be IAW CATO 11-33, *Affiliated Unit Support and Canadian Forces Training*.
 - f. CAF exercises using pyrotechnics and blank ammunition shall be IAW CATO 14-48, *Use of Pyrotechnics and Blank Ammunition*.
 - g. Firing of the C7 rifle shall be IAW CATO 14-41, *Authorized Rifle Training*.
 - h. All mock tower activities shall be conducted IAW LCFO 22.01, *Parachuting*.

- i. Participating in a rappelling activity shall be IAW CATO 45-03, *Military Rappel Training*.
 - j. Activities should focus on hands-on / practical training with the CAF directly, such as participating in a CAF exercise; where that is not possible corps / squadrons may choose indirect familiarization activities, such as watching a CAF familiarization video.
5. **Complementary Material:** The complementary material associated with this PO is EO CX20.01 (Participate in CAF Familiarization Activities); it is designed to provide opportunities for cadets to participate in additional CAF familiarization activities.

EO MX20.01A – PARTICIPATE IN A CAF ACTIVITY

1. **Performance:** Participate in a CAF Activity
2. **Conditions:**
 - a. Given:
 - (1) Equipment as required by CAF staff,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in a CAF activity.
4. **Teaching Points:**
 - a. Provide the CAF staff with information about the cadets (eg, age) and ask them to leave time for questions and answers. Confirm if additional equipment is needed.
 - b. Brief the cadets on their expected behaviour during the activity.
 - c. Have the cadets prepare a thank-you card(s) for the CAF staff.
 - d. CAF staff will brief the cadets, to include:
 - (1) safety rules and regulations,
 - (2) description and characteristics of the equipment being used / activity being conducted,
 - (3) the procedures to be followed when:
 - (a) preparing to use equipment / participate in an activity;
 - (b) using equipment / participating in an activity; and
 - (c) upon completion of using the equipment / participating in the activity; and
 - (4) any other pertinent information.
 - e. Have the cadets participate in the CAF activity.
 - f. Debrief the cadets. Ideally this will be done by the CAF staff who were involved in the activity and should include:
 - (1) how the cadets felt about the activity,
 - (2) a question and answer period, and
 - (3) having a cadet (or cadets) thank the staff on behalf of all cadets and present the thank-you card(s).

5. **Time:** Up to two sessions (six periods) of mandatory training are allocated for this EO, with the option of adding complementary training time.
6. **Substantiation:** A practical activity was chosen for this lesson as it is a fun way to build on the cadets' knowledge of the CAF.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:** Materials for making thank-you cards.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of CAF activities include:
 - (1) CAF exercise,
 - (2) Royal Canadian Navy (RCN) ship day sails,
 - (3) CAF equipment displays / rides (eg, armoured vehicles, aircraft and ships),
 - (4) small arms trainer,
 - (5) simulator,
 - (6) CAF mock tower familiarization,
 - (7) CAF rappelling, and
 - (8) CAF confidence course.
 - b. Activities shall be chosen based on human and material resources available to the corps / squadron.
 - c. There is no instructional guide for this EO.
 - d. Participation in activities with affiliated / CAF units shall be IAW CATO 11-33, *Affiliated Unit Support and Canadian Forces Training*.
 - e. CAF activities that use pyrotechnics and blank ammunition shall be IAW CATO 14-48, *Use of Pyrotechnics and Blank Ammunition*.
 - f. Participating in a rappelling activity shall be IAW CATO 45-03, *Military Rappel Training*.
 - g. Mock Tower activities shall be conducted IAW LFCO 22.01, *Parachuting*.
 - h. Participation in a CAF confidence course will be as per the standing orders of the unit in charge of the confidence course.

EO MX20.01B – PARTICIPATE IN A CAF FAMILIARIZATION TOUR

1. **Performance:** Participate in a CAF Familiarization Tour
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in a CAF familiarization tour.
4. **Teaching Points:**
 - a. Provide the tour guide information about their audience (the cadets), including any particular interests that may be applicable. Ask the tour guide to leave time for questions and answers. It may be helpful to have the cadets generate a list of what they would like to know or questions for the tour guide in advance.
 - b. Conduct a briefing by describing:
 - (1) the facility / site,
 - (2) the significance of the facility / site, and
 - (3) the expected behaviour during the tour.
 - c. Have the cadets prepare a thank-you card for the facility / tour guide.
 - d. Have the tour guide:
 - (1) describe aspects of the facility / site during the tour, and
 - (2) facilitate a question-and-answer period.
 - e. Have a cadet(s) thank the facility / tour guide on behalf of all cadets and present the thank-you card.
 - f. Have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the tour. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Journal. Have the cadets write a journal entry about the tour.
 - (3) Visual representation. Have the cadets create a visual representation of their experience.

5. **Time:** Up to two sessions (6 periods) of mandatory training time, with the option of adding complementary training time.
6. **Substantiation:** A field trip was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of the CAF.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:** Thank-you card materials.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of facilities / sites include:
 - (1) Canadian Forces Base (CFB) or Station,
 - (2) museum,
 - (3) affiliated unit,
 - (4) war memorial,
 - (5) Royal Canadian Navy (RCN) Ship or equipment,
 - (6) Royal Canadian Air Forces (RCAF) planes or equipment, and
 - (7) Canadian Army equipment.
 - b. Activities shall be chosen based on human and material resources available to the corps / squadron.
 - c. This EO may be conducted with the entire corps / squadron. Training should be progressive and not repeated over subsequent years.
 - d. There is no instructional guide for this EO.
 - e. Complementary training time may be allotted to this EO to allow for more time during a single tour or to conduct more than one tour.

EO MX20.01C – FIRE THE C7 RIFLE

1. **Performance:** Fire the C7 Rifle

2. **Conditions:**

a. Given:

- (1) C7 rifle,
- (2) 25 rounds of 5.56-mm ammunition,
- (3) Magazines,
- (4) Marksmanship target,
- (5) Target frame,
- (6) 5.56-mm dummy rounds,
- (7) Hearing protectors,
- (8) Marksmanship mat,
- (9) Cleaning kit,
- (10) Supervision, and
- (11) Assistance as required.

b. Denied: Nil.

c. Environmental: Small arms range, during daylight hours, in favourable weather conditions.

3. **Standard:** The cadet shall fire, at a range of 100 m, 25 rounds using the C7 rifle.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	<p>Explain safety rules and regulations pertaining to the C7 rifle, to include:</p> <ol style="list-style-type: none"> a. always completing a safety check when picking up or being handed a rifle; b. always controlling the rifle when holding it; c. always treating the rifle as if it were loaded; d. always having the fire control selector to 'S' (safe) when the rifle is cocked; and e. never touching the trigger unless firing on a range. 	Interactive Lecture	5 min	para 7. (pp. 28–30)

TP	Description	Method	Time	Refs
TP2	<p>Identify the following parts of the C7 rifle:</p> <ul style="list-style-type: none"> a. upper receiver group, to include: <ul style="list-style-type: none"> (1) upper receiver, to include: <ul style="list-style-type: none"> (a) carrying handle, (b) ejection port, (c) ejection port cover, (d) spent casing deflector, (e) forward assist, and (f) front and rear sights; (2) barrel, to include: <ul style="list-style-type: none"> (a) flash suppressor, and (b) hand guards; (3) bolt and cocking handle; and b. lower receiver group, to include: <ul style="list-style-type: none"> (1) lower receiver, to include: <ul style="list-style-type: none"> (a) trigger, (b) trigger guard, (c) pistol grip, (d) fire control selector, (e) bolt catch, (f) magazine, and (g) magazine release; and (2) butt and butt plate. 	Interactive Lecture	10 min	para 7. (p. 19, pp. 27–28)
TP3	<p>Explain the following characteristics of the C7 rifle:</p> <ul style="list-style-type: none"> a. calibre, b. weight, c. length, d. modes of fire, e. operation, f. effective range, g. sights, and h. magazine capacity. 	Interactive Lecture	5 min	para 7. (p. 20, p. 27)

TP	Description	Method	Time	Refs
TP4	<p>Explain, demonstrate and have the cadet practice completing an individual safety check by:</p> <ul style="list-style-type: none"> a. adopting the standing load position; b. pulling the cocking handle to the rear; c. engaging the bolt catch; d. tilting the rifle; e. inspecting the chamber; f. ensuring the rifle is clear; g. pulling the cocking handle fully to the rear; h. allowing the action to go forward under control; i. striking the forward assist; j. firing the rifle; k. closing the ejection port cover; and l. laying down the rifle with the ejection port cover facing up. 	Demonstration and Performance	15 min	para 7. (pp. 28–29)
TP5	<p>Have the cadet practice holding the C7 rifle in the prone position by:</p> <ul style="list-style-type: none"> a. adopting the prone position; b. picking up the rifle; c. placing the butt of the rifle into the right (left) shoulder; d. placing the left (right) hand on the hand guard; e. holding the pistol grip with the right (left) hand; f. placing the right (left) cheek naturally on the butt; and g. looking through the front and rear sights with the aiming eye. 	Performance	5 min	para 7. (pp. 59–60)
TP6	<p>Explain and demonstrate aiming the C7 rifle by looking through the front and rear sights.</p>	Demonstration	5 min	para 7. (p. 61)

TP	Description	Method	Time	Refs
TP7	<p>Explain, demonstrate and have the cadet practice the following actions when given the command LOAD:</p> <ol style="list-style-type: none"> a. Pick up a magazine. b. Check to see if the rounds are positioned correctly. c. Push the magazine firmly into the magazine housing. d. Check that the magazine is secure by pulling downwards. e. Return the hand to hold the rifle. <p>Note: The cadets must be briefed on how to differentiate between live and dummy rounds.</p>	Demonstration and Performance	10 min	para 7. (pp. 52–53)
TP8	<p>Explain, demonstrate and have the cadet practice the following actions when given the command READY or RANGE:</p> <ol style="list-style-type: none"> a. Check the front and rear sights to ensure they are set correctly. b. Cock the rifle. c. Strike the forward assist. d. Close the ejection port cover. e. Ensure the fire control selector is on 'S' (safe). f. Return the hand to hold the rifle. 	Demonstration and Performance	5 min	para 7. (p. 53)
TP9	<p>Explain, demonstrate and have the cadet practice the following actions when given the command FIRE:</p> <ol style="list-style-type: none"> a. Set the fire control selector to 'R' (repetition). b. Fire all rounds in the magazine. c. Change magazines as required. 	Demonstration and Performance	5 min	para 7. (p. 53)

TP	Description	Method	Time	Refs
TP10	<p>Explain, demonstrate and have the cadet practice the following actions when given the command UNLOAD:</p> <ol style="list-style-type: none"> a. Set the fire control selector to 'S' (safe). b. Remove the magazine. c. Cock the rifle twice. d. Pull the cocking handle to the rear. e. Engage the bolt catch. f. Tilt the rifle to the left. g. Wait to be cleared by the Range Safety Officer (RSO). h. Receive the command CLEAR from the RSO. i. Disengage the bolt catch. j. Strike the forward assist. k. Set the fire control selector to 'R' (repetition). l. Fire the rifle. m. Close the ejection port cover. n. Lay down the rifle. 	Demonstration and Performance	10 min	para 7. (p. 53)
TP11	<p>Explain, demonstrate and have the cadet practice the following actions when given the command CEASE FIRE:</p> <ol style="list-style-type: none"> a. Set the fire control selector to 'S' (safe). b. Wait for further command. 	Demonstration and Performance	5 min	para 7. (p. 70)

TP	Description	Method	Time	Refs
TP12	<p>Explain, demonstrate and have the cadet practice the following immediate actions:</p> <p>a. When the bolt is at the rear:</p> <ol style="list-style-type: none"> (1) check for an empty magazine and change as required; (2) disengage the bolt catch; (3) strike the forward assist; and (4) continue firing. <p>b. When the bolt is fully forward:</p> <ol style="list-style-type: none"> (1) ensure the magazine is seated properly and locked in place; (2) cock the rifle while watching for a round or empty casing to eject; (3) where a round ejects: <ol style="list-style-type: none"> (a) strike the forward assist; and (b) continue firing; and (4) where a round does not eject: <ol style="list-style-type: none"> (a) attempt to continue firing; and (b) if required, request assistance. <p>c. When the bolt is partially forward:</p> <ol style="list-style-type: none"> (1) cock the rifle; (2) engage the bolt catch; (3) examine the chamber of the rifle; (4) remove the magazine if a live round or empty casing is in the chamber; (5) clear the obstruction; (6) replace the magazine; (7) disengage the bolt catch; (8) strike the forward assist; and (9) continue firing. 	Demonstration and Performance	15 min	para 7. (pp. 88–89)
TP13	<p>Have the cadet participate in a mock range activity, to include:</p> <p>a. performing firing drills; and</p> <p>b. executing range commands.</p> <p>Note: The handling test will be started during this TP. Where extra time is required, the handling test may also be completed during TP 17.</p>	Practical Activity	30 min	

TP	Description	Method	Time	Refs
TP14	<p>Explain and demonstrate field stripping the C7 rifle by:</p> <ol style="list-style-type: none"> a. carrying out an individual safety check (without operating the trigger); b. ensuring the fire control selector is set to 'S' (safe); c. unlocking the upper receiver by pushing / pulling the takedown pin; d. pulling the cocking handle partially to the rear; e. removing the bolt; f. pushing the cocking handle fully forward; g. laying down the rifle; h. removing the bolt from the bolt carrier; and i. laying down the bolt and bolt carrier. <p>Note: The cadet will field strip the rifle prior to cleaning it in TP 17.</p>	Demonstration	5 min	para 7. (p. 37)
TP15	<p>Explain and demonstrate cleaning the C7 rifle after a range practice, to include:</p> <ol style="list-style-type: none"> a. chamber, b. flash suppressor, c. barrel, d. bolt and carrier, e. upper receiver, f. lower receiver, and g. butt and hand guards. <p>Note: The cadet will clean the C7 after firing in TP 17.</p>	Demonstration	5 min	para 7. (pp. 40–43)

TP	Description	Method	Time	Refs
TP16	<p>Explain and demonstrate assembling the C7 rifle by:</p> <ol style="list-style-type: none"> a. replacing the bolt in the bolt carrier; b. pulling the cocking handle partially to the rear; c. placing the bolt in the rifle; d. pushing the cocking handle fully forward; e. ensuring the fire control selector is set to 'S' (safe); f. locking the upper receiver with the takedown pin; and g. completing the function test by: <ol style="list-style-type: none"> (1) cocking the rifle; (2) attempting to fire with the fire control selector at 'S' (safe); (3) setting the fire control selector to 'R' (repetition); (4) firing the action; (5) cocking the action while holding in on the trigger; (6) releasing the trigger (after hearing the hammer fall); (7) firing the action; (8) setting the fire control selector to 'AUTO' (automatic); (9) firing the action; (10) cocking the action while holding in on the trigger; (11) releasing the trigger (after hearing the hammer fall); (12) returning the fire control selector to 'R' (repetition); and (13) closing the ejection port cover. <p>Note: The cadet will assemble the C7 rifle after cleaning it in TP 17.</p>	Demonstration	5 min	para 7. (p. 38)
TP17	Have the cadet fire 25 rounds with the C7 rifle.	Practical Activity	130 min	

5. **Time:** 320 min (Both mandatory sessions [6 periods] and at least three complementary sessions [9 periods] will be required to complete this training).
6. **Substantiation:**
 - a. An interactive lecture was chosen for TPs 1–3 to present background information and give direction on procedures.
 - b. A demonstration and performance was chosen for TPs 4 and 7–12 as it allows the instructor to explain and demonstrate how to complete a safety check and the actions in response to range commands while providing an opportunity for the cadet to practice under supervision.
 - c. A performance was chosen for TP 5 as it allows the cadet to practice handling the C7 rifle in a controlled environment.
 - d. A demonstration was chosen for TPs 6 and 14–16 as it allows the instructor to explain and demonstrate aiming a C7 rifle as well as the procedures required for stripping, cleaning and assembling the C7 rifle.
 - e. A practical activity was chosen for TPs 13 and 17 as it is an interactive way for the cadet to practice and experience range procedures and develop marksmanship skills and knowledge in a safe and controlled environment.
7. **References:** B-GL-317-018/PT-001 Canadian Forces. (1987). *Weapons: The rifle 5.56 mm C7 and the carbine 5.56 mm C8* (Vol. 18). Ottawa, ON: Department of National Defence.
8. **Training Aids:**
 - a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area,
 - b. C7 rifle,
 - c. 5.56-mm ammunition,
 - d. Magazines,
 - e. Marksmanship target,
 - f. Target frame,
 - g. 5.56-mm dummy rounds,
 - h. Hearing protectors,
 - i. Marksmanship mats,
 - j. First aid kit,
 - k. Stretcher,
 - l. Cell phone / radio,
 - m. Folding tables,
 - n. Empty sandbags,
 - o. Green and red flags,
 - p. Target patches,
 - q. Range standing orders,

- r. Cleaning kits,
- s. C7 rifle handling test, and
- t. Pen / pencil.

9. **Learning Aids:**

- a. C7 rifle,
- b. 5.56-mm ammunition,
- c. Magazines,
- d. Marksmanship target,
- e. Target frame,
- f. 5.56-mm dummy rounds,
- g. Hearing protectors,
- h. Marksmanship mat,
- i. Cleaning kit, and
- j. C7 rifle handling test.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Each cadet must successfully complete a C7 Rifle Handling Test prior to firing the rifle on a small arms range.
- b. The cleaning kit contains the following:
 - (1) a case,
 - (2) a four-piece rod,
 - (3) a swab holder,
 - (4) a bore brush,
 - (5) a chamber brush,
 - (6) a bolt key brush,
 - (7) a container of cleaner, lubricant, preservative (CLP),
 - (8) pipe cleaners, and
 - (9) swabs (38 mm by 50 mm).
- c. All familiarization firing must be led by a Large Bore Range Safety Officer (RSO [LB]). Consult and adhere to the policies outlined in CATO 14-41, *Authorized Rifle Training*.
- d. The firing shall be familiarization and shall include an inspection of targets at least once throughout the 25 rounds to allow the cadets to make adjustments if inclined to do so.
- e. Assistant instructors are required for this lesson.

- f. Where butts are being used, time shall be spent instructing the cadets on their operation and the following equipment is required:
 - (1) helmets,
 - (2) pointers, and
 - (3) communication devices.
- g. Additional complementary training time may be allotted to this EO to allow for more time during the activity.

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EO MX20.01D – PARTICIPATE IN A MESS DINNER

1. **Performance:** Participate in a Mess Dinner
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in a mess dinner.
4. **Teaching Points:**
 - a. Conduct a mess dinner ensuring that the protocols and procedures are followed, to include:
 - (1) pre-dinner gathering,
 - (2) mess call,
 - (3) arrival of the head table,
 - (4) dinner,
 - (5) passing of the port,
 - (6) loyal toast,
 - (7) marches,
 - (8) speeches, and
 - (9) departure of the head table.
 - b. Following the dinner, have the cadets reflect on their experience. This could include having each cadet sign a guest book with a comment about the dinner.
5. **Time:** One session (3 periods) = 90 min
6. **Substantiation:** A practical activity was chosen for this lesson as it an interactive way to allow cadets to experience a mess dinner in a safe, controlled environment. This activity is an interactive way to build on the cadets' knowledge of the CAF.
7. **References:**
 - a. A-CR-050-801/PH-001 Directorate of Cadets 6. (2009). *Training plan DP1 Cadet Instructors Cadre: Basic Officer Training Course*. Ottawa, ON: Department of National Defence.
 - b. A-AD-200-000/AG-000 Director Honours and Recognition. (1999). *The honours, flags and heritage structure of Canadian Forces*. Ottawa, ON: Department of National Defence.
 - c. A-AD-262-000/AG-000 Director of Physical Education, Recreation and Amenities. (1984). *Mess administration*. Ottawa, ON: Department of National Defence.
 - d. CFACM 1-900 Air Command. (2007). *Air command mess dinner procedures*. Ottawa, ON: Department of National Defence.

- e. HMCS Queen Regina's Naval Reserve Division. (2009). *Chief Petty Officers & Petty Officers mess dinner naval customs*. Retrieved April 28, 2009, from <http://www.hmcsqueen.ca/cpomessdinner.pdf>.
- f. Love, D.W. (1990). *Manual of Canadian naval etiquette*. Victoria, BC: VENTURE, The Naval Officer Training Centre.
- g. ReadyAyeReady (2009). *Naval Toasts of the Day – Customs and Traditions: Naval toasts of the day*. Retrieved April 1, 2009 from <http://www.readyayeready.com/tradition/naval-toasts-of-theday.htm>

8. **Training Aids:**

- a. Cadet Mess Dinner pamphlet,
- b. Role of the President of the Mess Committee (PMC) handout,
- c. Role of the Vice-President of the Mess Committee (VPMC) handout, and
- d. Organize a Mess Dinner Aide-Memoire.

9. **Learning Aids:**

- a. Cadet Mess Dinner pamphlet,
- b. Role of the President of the Mess Committee (PMC) handout, and
- c. Role of the Vice-President of the Mess Committee (VPMC) handout.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Where possible, all roles should be filled by cadets.
- b. There are numerous leadership opportunities for cadets when conducting a mess dinner:
 - (1) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the mess dinner as a leadership project IAW PO 503 (Lead Cadet Activities); and
 - (2) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Levels Five cadets may complete leadership assignments such as acting as the Mess President and the Mess Vice-Presidents IAW POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities).
- c. The organization of the mess dinner shall be based on human and material resources available to the corps / squadron.

EO MX20.01E – ATTEND A CAF PRESENTATION

1. **Performance:** Attend a CAF Presentation
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall attend a CAF presentation.
4. **Teaching Points:**
 - a. Provide the guest speaker information about their audience (the cadets), including any particular interests that may be applicable. Ask the guest speaker to leave time for questions and answers. It may be helpful to have the cadets generate a list of what they would like to know or questions for the guest speaker in advance.
 - b. Have the guest speaker provide any information they may wish to have included in their introduction.
 - c. Collaborate with the guest speaker to provide them with any materials they may require (eg, projector, television, DVD player, microphone) and set up the room to suit their needs.
 - d. Acquire a bottle of water and have the cadets prepare a thank-you card for the guest speaker.
 - e. Arrange for a cadet(s) to introduce the guest speaker and for a cadet(s) to thank and present the card to the guest speaker.
 - f. Have a cadet(s) welcome the guest speaker upon arrival, provide them with the bottle of water and assist them with any final preparation details, such as set-up of visual aids and orientation to the presentation room.
 - g. Have a cadet(s) introduce the guest speaker.
 - h. Have the cadets participate in the presentation, to include:
 - (1) listening to the guest speaker's presentation; and
 - (2) a question-and-answer period.
 - i. Have a cadet(s) thank the guest speaker on behalf of all cadets and present the thank you card.
 - j. After the guest speaker departs, have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the tour. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Journal. Have the cadets write a journal entry about the presentation.
 - (3) Visual representation. Have the cadets create a visual representation of their experience.

5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** An interactive lecture was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of the CAF.
7. **References:** Nil.
8. **Training Aids:**
 - a. Bottle of water, and
 - b. Any materials required by the guest speaker.
9. **Learning Aids:** Thank-you card materials.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of presenters include:
 - (1) current CAF member,
 - (2) former CAF member,
 - (3) veteran,
 - (4) member of the Royal Canadian Legion, and
 - (5) historian.
 - b. The Dominion Institute Speakers Bureau is a national program that arranges for veterans to visit schools and community groups year-round to share their personal stories and reflections. Visit www.thememoryproject.com for further information.
 - c. The Department of National Defence has a National Veterans' Week Speakers Program each fall that arranges for CAF members to visit and talk about their experiences in uniform.
 - d. The Royal Canadian Air Force Speakers Bureau has members available who are experts in the field of military aviation. Their speakers include pilots, search and rescue and members who provide relief after natural disasters and dedicated professionals who defend Canada and Canadian interests. Visit the Air Force website (www.rcaf-arc.forces.gc.ca) for further information.
 - e. Local branches of the Royal Canadian Legion may be able to connect corps / squadrons with local veterans who are available for speaking engagements with youth.
 - f. If a guest speaker is unable to attend in person, consider showing a veteran interview video. Veterans Affairs Canada's Heroes Remember collection features a searchable database with a wide selection of on-line interviews with veterans from across Canada. Visit the Veterans Affairs Canada website (www.veterans.gc.ca) for additional information.
 - g. There is no instructional guide for this EO.
 - h. Complementary training time may be allotted to this EO to allow for multiple presentations throughout the training year.

EO MX20.01F – ATTEND A CAF COMMEMORATIVE CEREMONY

1. **Performance:** Attend a CAF Commemorative Ceremony
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall attend a CAF commemorative ceremony.
4. **Teaching Points:**
 - a. Conduct a briefing by describing:
 - (1) dates and significance of the event being commemorated,
 - (2) Canada's role in the event,
 - (3) format for the ceremony,
 - (4) any additional information the cadets require prior to attending the ceremony (eg, dress).
 - b. Have the cadets attend the CAF commemorative ceremony.
 - c. After the ceremony, have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the ceremony. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Journal. Have the cadets write a journal entry about the ceremony.
 - (3) Visual representation. Have the cadets create a visual representation of their experience.
5. **Time:** Up to two sessions (6 periods) of mandatory training time, with the option of adding complementary training time.
6. **Substantiation:** A field trip was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of the CAF.
7. **References:** Dependant on the ceremony.
8. **Training Aids:** Dependant on the ceremony.
9. **Learning Aids:** Dependant on the ceremony.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of CAF commemorative ceremonies include:
 - (1) Remembrance Day,
 - (2) Battle of the Atlantic,

- (3) Battle of Vimy Ridge, and
 - (4) Battle of Britain.
- b. There is no instructional guide for this EO.
 - c. Complementary training time may be allotted to this EO to allow for multiple ceremonies throughout the training year.

EO MX20.01G – PARTICIPATE IN CAF FAMILIARIZATION VIDEO ACTIVITIES

1. **Performance:** Participate in CAF Familiarization Video Activities
2. **Conditions:**
 - a. Given:
 - (1) Television and DVD player / laptop and projector,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall watch a CAF familiarization video.
4. **Teaching Points:**
 - a. Conduct a briefing by describing:
 - (1) the significance of the video being watched,
 - (2) the role of the CAF in the video, and
 - (3) details of the video (eg, anything to watch for, questions to answer).
 - b. Have the cadets watch the video.
 - c. Conduct a debriefing and have the cadets reflect on what they saw and how it affected their perceptions of the CAF.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** An in-class activity was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of the CAF.
7. **References:**
 - a. DVD Video Chadderton, H. C. (Producer) (2000). *A War Of Their Own: The Canadians in Sicily and Italy*. Ontario: The War Amps of Canada.
 - b. DVD Video Chadderton, H. C. (Producer) (2005). *The Boys of Kelvin High: Canadians in Bomber Command*. Ontario: The War Amps of Canada.
 - c. DVD Video (2010). *The International Fleet Reviews of The Canadian Navy Centennial 2010* Canada: Department of National Defence.
 - d. DVD Video Gimblett, R. H. (Author) (2004). *Operation Apollo: The Canadian Navy in the War Against Terrorism – 2001-2003*. Canada: Magic Light Publishing.
 - e. DVD Video Guilmain, C. (Director) (2012). *The Van Doos in Afghanistan*. National Film Board of Canada.
8. **Training Aids:**
 - a. Television and DVD player / laptop and projector, and
 - b. Video question pages.

9. **Learning Aids:**

- a. Pen / Pencil, and
- b. Video question pages.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Corps / squadrons can choose any CAF-related video or acquire any video from the list provided.
 - (1) *A War Of Their Own – The Canadians in Sicily and Italy – Part 1* (60 minutes),
 - (2) *A War Of Their Own – The Canadians in Sicily and Italy – Part 2* (60 minutes),
 - (3) *Operation Apollo – The Canadian Navy in the War Against Terrorism, 2001-2003* (30 minutes),
 - (4) *The Boys of Kelvin High – Canadians in Bomber Command – Part 1* (60 minutes),
 - (5) *The Boys of Kelvin High – Canadians in Bomber Command – Part 2* (60 minutes),
 - (6) *The Van Doos in Afghanistan* (45 minutes), and
 - (7) *The International Fleet Reviews of The Canadian Navy Centennial 2010* (22 minutes).
- b. There are potential leadership opportunities for cadets when conducting CAF Familiarization video activities:
 - (1) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the session as a leadership project IAW PO 503 (Lead Cadet Activities); and
 - (2) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Levels Five cadets may complete leadership assignments IAW POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities), such as leading a CAF Familiarization video activity.

EO MX20.01H – PARTICIPATE IN CAF FAMILIARIZATION LEARNING STATIONS

1. **Performance:** Participate in CAF Familiarization Learning Stations
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in CAF familiarization learning stations.
4. **Teaching Points:** Have the cadets participate in CAF familiarization learning stations designed to stimulate an interest in the sea, land or air environments of the CAF, such as:
 - a. CAF history,
 - b. Battle of the Atlantic / Battle of Vimy Ridge / Battle of Britain,
 - c. roles of the CAF,
 - d. current CAF,
 - e. CAF careers, and
 - f. contacting a deployed soldier / sailor.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** Learning stations were chosen for this lesson as they are a fun and interactive way to build on the cadets' knowledge of the CAF.
7. **References:** Dependant on the learning stations chosen.
8. **Training Aids:** Dependant on the learning stations chosen.
9. **Learning Aids:** Dependant on the learning stations chosen.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Although the instructional guide for this lesson provides a number of interactive learning stations, instructors are authorized to create their own learning stations.
 - b. Activities shall be chosen based on human and material resources available to the corps / squadron.
 - c. Complementary training time may be allotted to this EO to allow for additional learning stations throughout the training year.
 - d. There are a number of resources available to make learning about the CAF interesting and interactive. Some of these include:
 - Over The Top - an interactive adventure game that allows participants to experience life in the trenches during the First World War.
http://www.warmuseum.ca/cwm/games/overtop/index_e.shtml -

- Armoured Warrior - an interactive game that is based on the experiences of the First Canadian Army in combat in the Second World War.
<http://www.civilization.ca/cwm/games/armwar/history.shtml>
 - Canadian Military History Gateway - an online service providing access to websites and digitized resources about Canada's military history.
<http://www.cmhg.gc.ca/flash/index-eng.asp?t=1>
 - Juno Beach Centre, Teacher Resources - a list of resources available from a variety of sources including activities, videos, audios, websites etc.
<http://www.junobeach.org/centre/english/education/plans.html>
 - Canadian Armed Forces Imagery Gallery and the Canadian Forces Combat Camera - Combat camera is a direct link from the front line to the front page and the image gallery has photos from operations since 1990.
<http://www.combatcamera.forces.gc.ca/site/combat-camera-eng.asp>
- e. There are potential leadership opportunities for cadets when conducting CAF familiarization learning stations:
- (1) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the stations as a leadership project IAW PO 503 (Lead Cadet Activities); and
 - (2) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Level Five cadets may complete leadership assignments IAW POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities), such as leading a CAF familiarization learning station.

EO CX20.01 – PARTICIPATE IN CAF FAMILIARIZATION ACTIVITIES1. **Performance:** Participate in CAF Familiarization Activities

An additional six sessions (18 periods) of one or more of the following lessons may be scheduled as complementary training:

1. EO MX20.01A (Participate in a CAF Activity),
2. EO MX20.01B (Participate in a CAF Familiarization Tour),
3. EO MX20.01C (Fire the C7 Rifle),
4. EO MX20.01D (Participate in a Mess Dinner),
5. EO MX20.01E (Attend a CAF Presentation),
6. EO MX20.01F (Attend a CAF Commemorative Ceremony),
7. EO MX01.01G (Participate in CAF Familiarization Video Activities), and
8. EO MX01.01H (Participate in CAF Familiarization Learning Stations).