

## **OPS ORDER – AREA CADET SPORTS COMPETITION 2017**

### **Situation**

Cadets are required to complete Physical Fitness Testing and Sports Training in accordance with the revised cadet fitness program requirements, at all levels.

### **Mission**

543 Air (Wingham) will conduct an Area Cadet Sports Competition on the weekend of 29<sup>th</sup> and 30<sup>th</sup> April 2017.

The aim of this exercise is to fulfill requirements of LHQ Training. Cadets will undergo the Cadet Fitness Test, a Volleyball, tournament, a Tug-of-War tournament and swimming.

This exercise offers an opportunity for all cadets to complete the Canada Fitness Program as well as participating in friendly competition in numerous sporting events.

### **Execution:**

The exercise will be conducted at F. E. Madill Secondary School, Wingham from 1800hrs 28 April 2017 to 1400hrs 30 April 2017.

#### **(1) General Outline**

This exercise will be conducted in four phases:

##### **Phase 1 – Advance Party**

Need To Know - **NTK**

##### **Phase 2 – Intake of units**

Units will arrive NLT 1930 hrs.

Upon arrival, each unit OIC will report to the 543 Air Admin O for assignment of quarters and Ops Order Updates.

Unit OIC's are required to hand in the following Information at this time:

- a) Signed Squadron Nominal Roll
- b) Participation Fee – TBD

##### **Phase 3 – Training**

A schedule of training is attached as (Annex A).

## Phase 4 – Out Clearance of Units

Once the training area is declared to be clean and tidy, the event OPI will give permission for units to depart the training area.

### **(2) Groupings and Taskings**

Units will compete as individual teams with all members expected to participate in all events. For team events where a limited number of players can be on the floor at one time, cadets will rotate into the event so that everyone has the opportunity to participate.

Staff will be tasked to Judge or Referee sports events and fitness testing.

All rules for sports events will be taken from the Level 2 Training plan to ensure fairness and consistency. Units and staff should make themselves familiar with these rules prior to attending the weekend to avoid any confusion.

There will be no deviation from these rules unless authorized by the OPI.

### **(3) Coordinating Instructions**

**NTK**

### **(4) Service and Support**

#### Meals and Rations

All meals will be MREs and Fresh Rations IAW cadet regulations. Support for meals will be requested by RSS through ASU London.

#### Accommodations

Cadets and Staff will be billeted at F. E. Madill Secondary School, Wingham.

#### Transportation

Transportation between unit LHQ's and F.E. Madill Secondary School

#### Stores

All required stores will be requested through RSS to ASU London.

## Medical

All cadets must be in possession of OHIP card or they will not be permitted to attend the exercise.

First Aid kits will be located in each gym and on the sports field.

Staff with First Aid qualifications will be identified and tasked to assigned training areas.

Serious medical emergencies will be treated at:

Wingham & District Hospital

270, Carling Terrace. Wingham, ON N0G 2V0

(519) 357 3210

In the event of serious medical emergency parents will be notified by the sports comp OPI and/or Squadron OIC.

## Communications

All incoming calls should be directed to Unit OICs.

## Dress

Uniforms will not be worn due to the nature of the training with the exception of Cadet or CF issued sports uniforms. Dress while travelling to and from the exercise will be at the discretion of Unit CO's.

**Cadet or unit issued Sports gear or appropriate civilian sports attire.**

Staff: CF issued or appropriate civilian sports attire.

**Capt T.W. Poole**, Commanding Officer, 543 RC(Air)CS, Wingham, ON,  
**(519) 881-3095**

## Annex A

### AREA CADET SPORTS COMPETITION - Training Schedule

28 April 2017 (Friday)

<b>Timings</b>	<b>Activity</b>
1800	Arrival of Advance Party
1900 - 2000	Arrival of cadets
2000 - 2030	Safety Briefing
2030 - 2130	O Group – Staff
2030 - 2200	Down Time – Cadets
2200 - 2230	Prepare for night-time routine
2230	Lights Out

29 April 2017 (Saturday)

<b>Timings</b>	<b>Activity</b>					
0600	Reveille					
0600 - 0700	Personal hygiene					
0700 - 0800	<b>BREAKFAST</b>					
	Pacer Gym 1	Indoor Soccer Gym 2	Curl-ups	Push-ups	Trunk Lift	Shoulder Stretch
0800 - 0845						
0845 - 0930						
0930 - 1015						
1015 - 1100						
1100 - 1145						
1145 - 1200	Prepare for lunch					
1200 - 1300	<b>LUNCH</b>					
1300 - 1345						
1345 - 1430						
1430 - 1515						
1515 - 1530	<b>BREAK</b>					
1530 - 1730	Tug of War					
1730 - 1800	Prepare for Dinner					
1800 - 1900	<b>DINNER</b>					
1900 - 2200	Cadet Social					
2200 - 2230	Prepare for night-time routine					
2230	Lights Out					

## Annex A

### AREA CADET SPORTS COMPETITION - Training Schedule

30 April 2017 (Sunday)

<b>Timings</b>	<b>Activity</b>
0600	Reveille
0630 - 0700	Move to Pool
0700 - 0830	Swimming
0830 - 0900	Move to School
0900 - 1000	BREAKFAST
1000 - 1200	Volleyball
1200 - 1300	LUNCH
1300 - 1400	Volleyball
1400 - 1430	Clean up training areas
1430 - 1500	Awards Ceremony
1500	Depart training area

## **Annex B**

01 January 2017

### **AREA CADET SPORTS COMPETITION**

#### **Cadet Individual Equipment**

**Each cadet should be in possession of the following kit items:**

- Kit bag or other
- Cadet issue Sports gear (and/or unit issued T-shirts)
- Appropriate civilian dress (for dance and free time)
- Sweat shirt and pants for outside wear (if necessary)
- Running shoes x 2 if possible
- Tee shirts x 3
- Athletic shorts x 2
- Under garments 3 pair
- Athletic socks 3 pair
- Toilet kit (toothbrush, face cloth, towel, soap, deodorant, etc.)
- Sleeping bag with air mattress and pillow
- Swimwear and towel
- Rain jacket
- Refillable Water bottle
- Flashlight
- Plate, Bowl, Cup, Knife, Fork, Spoon.

#### **Prohibited materials / equipment:**

- Alcoholic beverages
- Drugs, and/or drug paraphernalia
- Tobacco, and/or tobacco products
- Electronic cigarettes and vaporizers
- Weapons of any type
- Pyrotechnics
- Pornography

N.B. Cadets found in possession of any of these items will be removed immediately from this exercise and returned to their parent/guardian.

It is suggested that each cadet bring a maximum of twenty dollars (\$20) to cover the cost of canteen purchases. However, it is the responsibility of each cadet to ensure his/her valuables are secure.