

**329**

**Canadian Forces  
Health Services Training Centre  
Royal Canadian Army Cadet Corps**



**Op FROZEN 2017**

**Tottenham Conservation Area  
Tottenham, ON  
24-26 February 2017**

**JOINING INSTRUCTIONS**

**\*\*\*PLEASE READ CAREFULLY\*\*\***

## Exercise Details

1. **Rendezvous Point/Timings:**  
*Tottenham Conservation Area gatehouse, 1830hrs, Friday 24 FEB 17.*
2. **Operation Duration:**  
Operation duration is two (2.5) training days, *FRIDAY, 24 February – SUNDAY, 26 February 2017.*
3. **Operation Location:**  
Operation will be conducted at Tottenham Conservation Area, located at 6787 4<sup>th</sup> Line, Tottenham ON L0G 1W0.
4. **Intake Process:**  
Cadets will report to the Duty Staff located in the area of the Tottenham Conservation Area gatehouse NLT 1830 on Fri, 24 FEB 17. Cadet Information Sheet is to be handed in upon reporting at that time.
5. **Dress & Equipment:**  
Cadets will report each training day in C5/FTU (combat clothing). Ensure that all clothing is labelled with name. Indelible ink will be used unless otherwise specified. Remember to blacken and buff your boots. Bring your boot shining kit. Do not forget to bring you ablutions kit. Cadets are required to furnish their own writing materials. Bring a notepad and a pencil case. *See ANNEX B- Kit List.*  
  
**NOTE: ALL of the training will be conducted out-of-doors, pack base layer clothing appropriately for this type of activity.**
6. **Rations:**  
Rations will be provided. Cadets are *NOT* to bring their own food (except that listed in Annex B- Kit List), unless approved by the Commanding Officer NLT Thursday, 23 FEB 17.  
  
**NOTE: “Picky Eaters” will NOT be accommodated.**
7. **Quarters:**  
Quarters will be provided for this course. We will be quartered in Arctic tentage and/or improvised winter shelters. Bring a pillow and a blanket if you wish. Sleeping bags will be provided.
8. **Travel Arrangements:**  
Travel arrangements to and from the Rendezvous Point at the Tottenham Conservation Area is the responsibility of the individual Cadet.
9. **Medical:**  
Emergency medical treatment will be available throughout the course. On-site First Aid will be administered for minor injuries. Serious injuries shall be directed to EMS Services. Parents/Guardians will be informed of any such serious injuries as soon as possible and will be made aware of the outcome of EMS attendance, including which medical facility their Cadet may have been transported to, if applicable.
10. **Exhaust Timing:**  
Operation exhaust is slated for 1200hrs on Sunday, 26 FEB 17.
11. **PARENT PICK UP TIMING:**  
**\*APPROXIMATELY\*** 1200hrs on 26 FEB 17 at the Tottenham Conservation Area gatehouse area.

## **\*\*EMERGENCY\*\* CONTACT ONLY**

*Duty Officer Phone Number:*

**705 440 9229**

**329rcacc@gmail.com**

# Annex A- Cadet Information Sheet & Permission Form

## CADET INFORMATION & PERMISSION FORM

**RANK:**

**NAME:**

**HOME ADDRESS:**

**HEALTH CARD NUMBER:**

## NEXT OF KIN

**NAME:**

**RELATIONSHIP** (Mother/Father/Guardian):

**ADDRESS:**

**HOME TELEPHONE:**

**PARENT CELL:**

**MEDICAL/DIETARY INFORMATION** (Preferences not accepted):

*Individual Cadet must be counselled by Parents/Guardians before attending the Exercise and must be aware of their own dosages and timings for any medications PRESCRIBED by a medical professional NO NON-PRESCRIPTION medication is to be brought whatsoever.*

**DO YOU APPROVE OUR ADULT STAFF TO ADMINISTER OTC PAIN RELIEF/ANTI-HISTAMINES?**

Circle One & Sign

YES	NO	Name:	Signature:
-----	----	-------	------------

**PARENT PERMISSION:**

*In signing this form, I acknowledge that I have given my permission for my Cadet(s) to participate in all activities related to this Field Training Exercise at the discretion of the Commanding Officer. I also acknowledge that I have counselled my Cadet(s) on the dosages and timings of any Prescription Medications that they must take. Lastly, I acknowledge that I have counselled my Cadet(s) on their behaviour while on exercise and I understand that should the Commanding Officer decide, I will be responsible for transporting my Cadet(s) home regardless of time of day/night.*

*Parent Name (Please Print):* \_\_\_\_\_

*Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Cadet Name (Please Print):* \_\_\_\_\_

*Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

## Annex B- Kit List

### DO BRING

**\*\*\*YOU MUST BRING YOUR ORIGINAL HEALTH CARD\*\*\***

***(NO HEALTH CARD = NO PARTICIPATION. Copies NOT Accepted)***

#### Clothing

- 2 pr Issued Grey Socks
- 3 pr Sports Socks
- 1 pr Running Shoes
- 1 pr Pyjamas
- 4 pr Underwear
- 1 set Sports Gear/Track Suit/Tee Shirt (**Full length- no shorts**)
- 1 ea Civilian Sweater (**Will NOT be worn with FTU, without specific permission**)
- 1 pr Combat Boots
- 1 or 2 set FTU (**with Rank Slip-ons**)
- 1 ea Issued Parka WITH Liner (**Do NOT bring civilian jacket if you have an issued Parka**)
- 1 pr Black or Brown Plain Gloves (**No mittens**)
- 1 ea Beret
- 1 ea Issued Toque
- 1 ea Camera (**OPTIONAL- AT YOUR OWN RISK**)
- 1 ea Small folding Pocket Knife (**OPTIONAL- Blade No larger 4"/10cm**)

#### Equipment

- 1 ea Pencil Case
  - 1 ea Small Note Pad/FMP
  - 1 ea Watch
  - 1 ea Boot Polish Kit
  - 1 ea Ablutions Kit (**Essentials- Toothbrush/Paste, soap, for ALL. Shaving items for males, hair items for females**)
  - 1 ea Towel
  - 1 ea Pillow & Favourite Blankie
  - 1 ea Backpack
  - 1 ea Water Bottle/Camelback
  - 1 set Webbing (**If you have your own**)
- You may bring your own Trail Mix/GORP, or sealed nutritious snacks (granola bars, etc)*

### \*\*\*DO NOT BRING\*\*\*

- **Weapons of any sort (No large knives, no hatchets/axes, firearms or ammunition, etc.);**
- **Illegal Narcotics;**
- **Tobacco Products of any type;**
- **Non-Prescription Medication (Including Over the Counter items, such as cold or flu meds);**
- **Prescription Drugs unless accompanied by a valid prescription;**
- **Civilian Clothing (Except those items listed above);**
- **Food Products;**
- **Personal Electronics (Except those items listed above);**
- **Pornography;**
- **Any item carrying a slogan/label promoting the use of drugs/alcohol/behaviours not compatible with the aims of the Canadian Cadet Movement (I.e.; Racism, Misogyny, Political Statements, Anti-Government/Monarchy, etc.); and/or**
- **Any items not listed above without the express approval of the Cadet's Platoon Commander**