

# Cadet Activity Program (CAP) Site Annex – St.Catherines 2023

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| **Site Location** | Lake St Armoury |
| **Site Address** | 81 Lake St, St. Catharines, ON L2R 5X3 |
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**SERIAL DETAILS**

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| --- | --- | --- |
| **Serial** | **Dates** | **Date of overnight component** |
| CAP Year 1 (Serial A) | 17 -20 August 2023 |  |
| CAP Year 2 (Serial A) | 23 – 29 August 2023 | 24-26 August 2023 |

**TIMING DETAILS**

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| --- | --- |
| **Arrival Details** | 0800 |
| **Departure Details** | 1600 |

**DAILY SHUTTLE**

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| --- | --- | --- |
| **Pick Up Location** | **Pick Up Time** | **Drop Off Time (Return)** |
| Fort Erie – Walmart  (750 Garrison Rd, Fort Erie, ON L2A 1N6) | 0745 | 17:15 |
| Grimsby - Canadian Tire  (Square, 44 Livingston Ave, Grimsby, ON L3M 1L1) | 0745 | 17:15 |

**TRAINING SCHEDULE**

1. **CAP Year 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | **Activity** | **Dress** | **Drop off location** | **Additional Details** |
| 1 | Intake and Orientation | FTU’s | CAP Site |  |
| 2 | Local Activity | PT Clothing | CAP Site | Clothing appropriate for Hiking and outdoor activities |
| 3 | Air Rifle Training /CAF Famil | FTU’s | CAP Site |  |
| 4 | Cadet Fitness Assessment/Sports | PT Clothing | CAP Site |  |

1. **CAP Year 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | **Activity** | **Dress** | **Drop off location** | **Additional Details** |
| 1 | Intake and Orientation | FTU’s | CAP Site |  |
| 2 | Tree Top Trekking | PT Clothing | CAP Site | Clothing appropriate for Hiking and outdoor activities |
| 3 | FTX 1 | FTU’s | CAP Site | \*CAP 2 FTX Packing List |
| 4 | FTX 2 | FTU’s |  |
| 5 | FTX 3 | FTU’s |  |
| 6 | Air Rifle Training | FTU’s | CAP Site |  |
| 7 | Cadet Fitness Assessment/Sports | PT Clothing | CAP Site |  |

**REQUIRED FORMS**

1. The following forms are required to be printed and brought with the cadets on their first day of training:
   1. [Code of Conduct](https://www.canada.ca/content/dam/dnd-mdn/documents/cjcr/policy/cato/Cadet-Code-of-Conduct-EN.pdf)
   2. [Medication Record](#_Common_CTC_JI_2)

**EMERGENCY CONTACT INFORMATION**

1. In case of emergency, the following is the contact information:
   1. Area Point of Contact:
      1. Name: Lt Daniel Bernardi
      2. Phone Number: 705-333-0175
      3. Email Address: [Daniel.Bernardi@forces.gc.ca](mailto:Daniel.Bernardi@forces.gc.ca)