



**CADET ACTIVITY PROGRAM (CAP)**

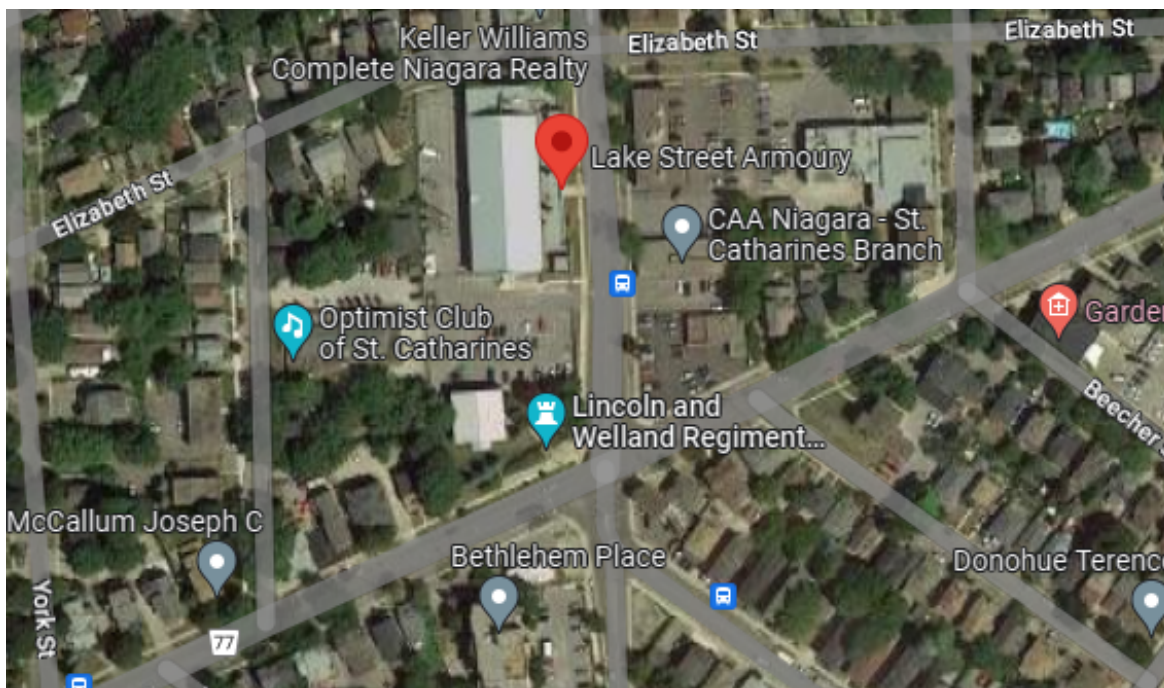
**SITE ANNEX – ST.CATHERINES**

**2023**

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## St. Catharines

<b>Site Location</b>	Lake St Armoury
<b>Site Address</b>	81 Lake St, St. Catharines, ON L2R 5X3



### SERIAL DETAILS

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

<b>Arrival Details</b>	0800
<b>Departure Details</b>	1600

### DAILY SHUTTLE

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

## St. Catharines

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	

### 2. **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**

3. The following forms are required to be printed and brought with the cadets on their first day of training:
- a. [Code of Conduct](#)
  - b. [Medication Record](#)

### **EMERGENCY CONTACT INFORMATION**

4. In case of emergency, the following is the contact information:
- a. 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)