



# NAVY LEAGUE CADET RANKS



Able Cadet



Leading Cadet



Petty Officer  
2<sup>nd</sup> Class



Petty Officer  
1<sup>st</sup> Class

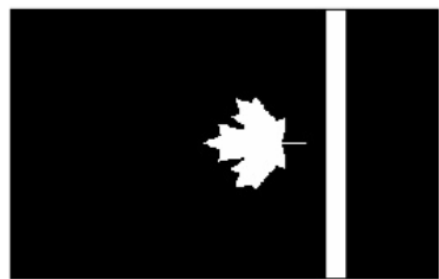


Chief Petty Officer  
2<sup>nd</sup> Class

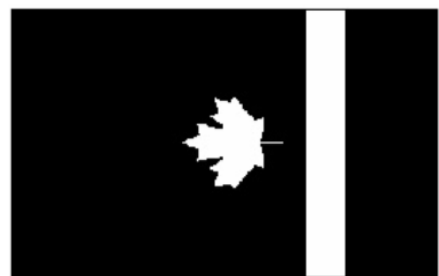


Chief Petty Officer  
1<sup>st</sup> Class

## NAVY LEAGUE OFFICER RANKS



Midshipman (NL)



Acting Sub-Lieutenant (NL)



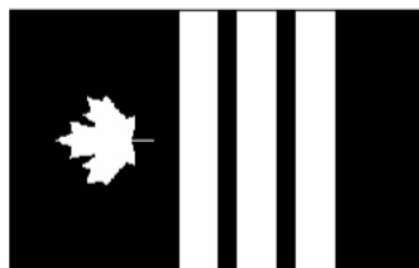
Sub-Lieutenant (NL)



Lieutenant (NL)



Lieutenant-Commander (NL)



Commander (NL)

Write the name of the cadet rank  
below each picture







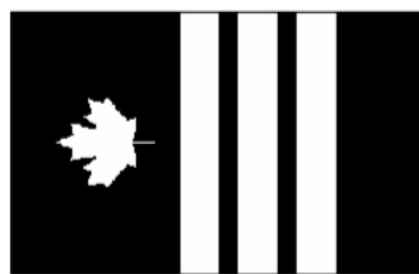


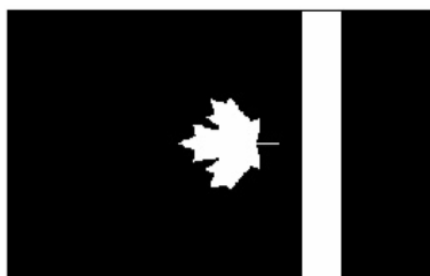




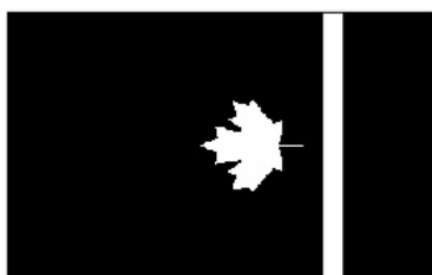
WRITE THE NAME OF THE OFFICER RANK BELOW EACH PICTURE







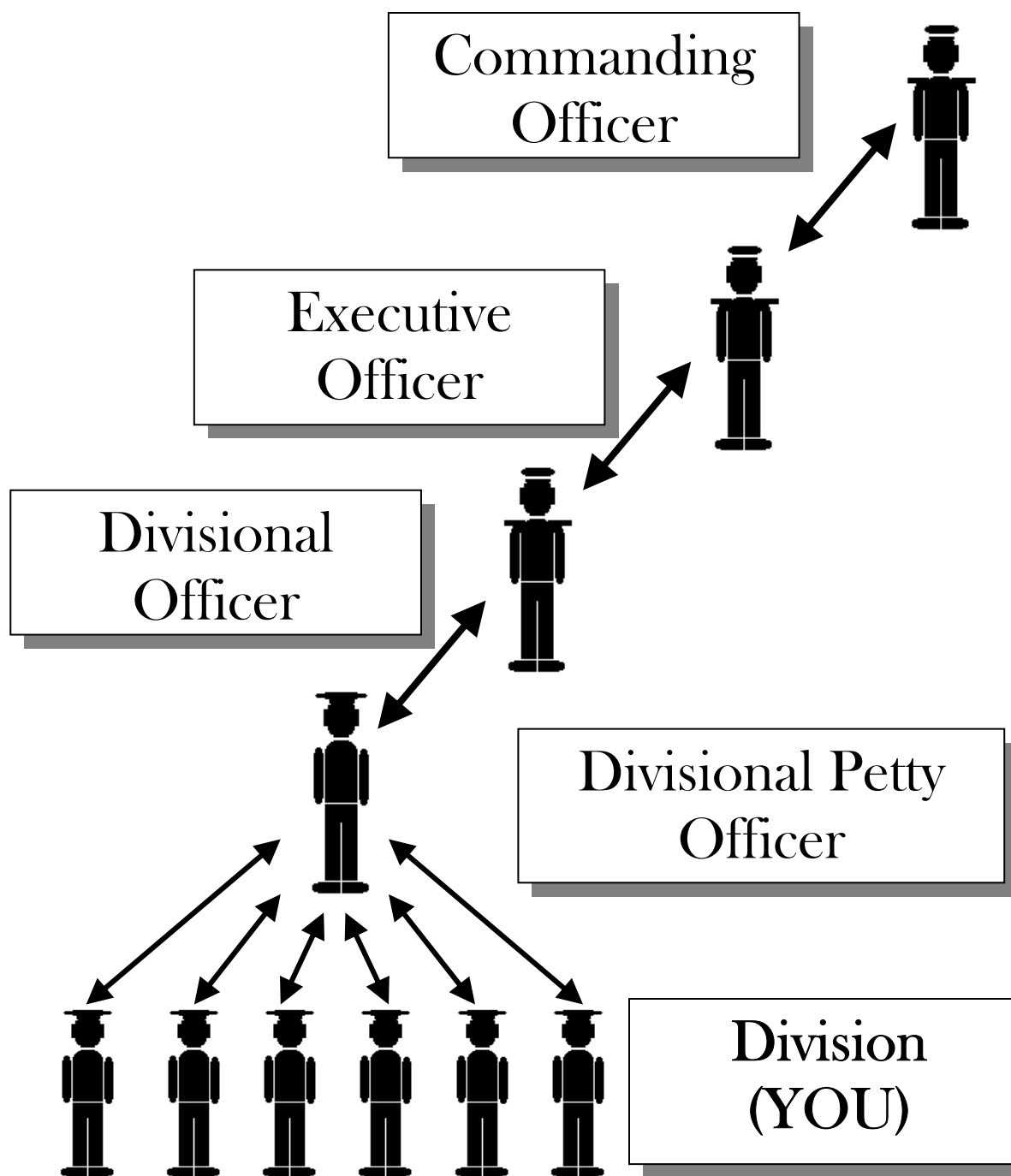




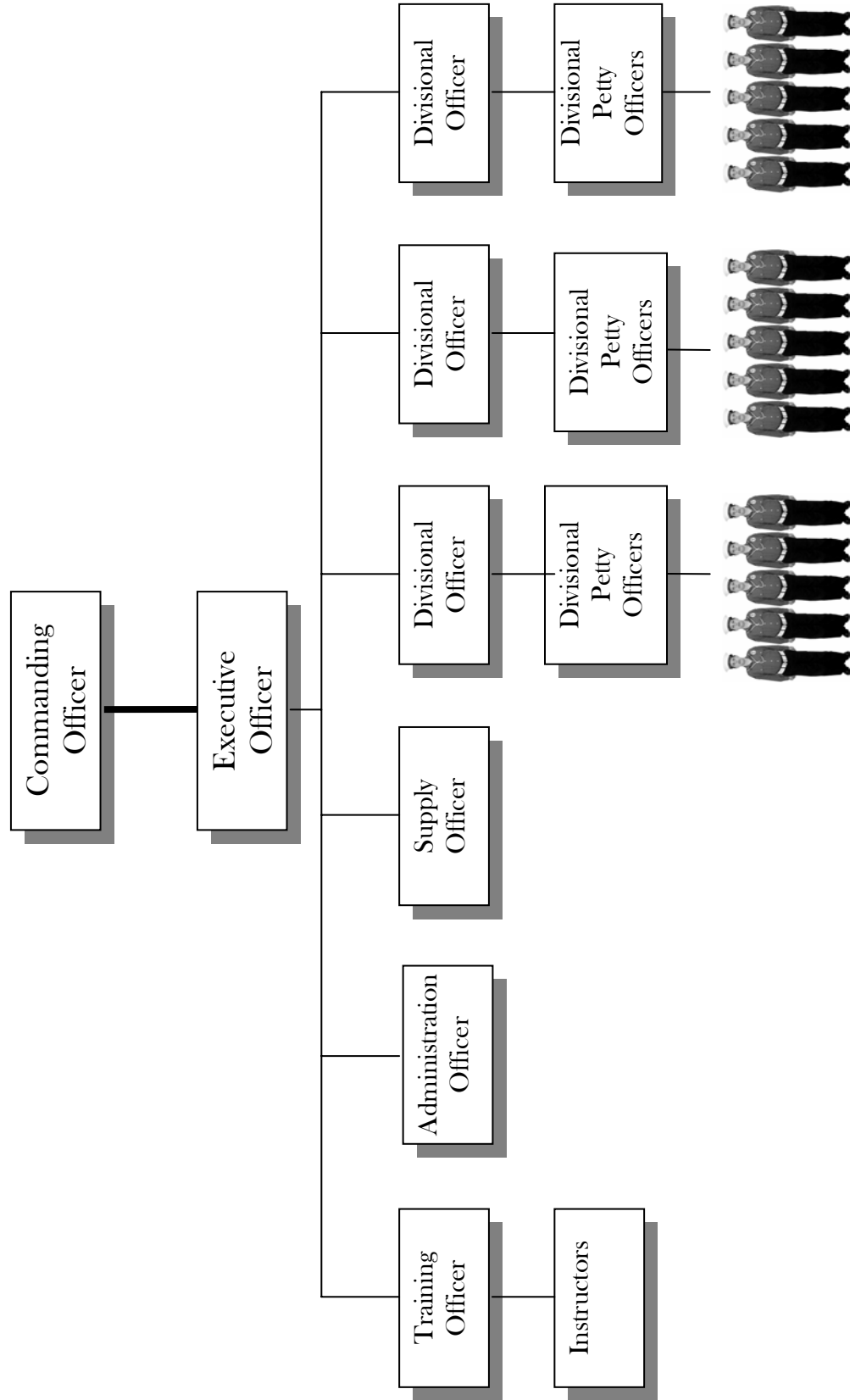




# HOW THE DIVISIONAL SYSTEM WORKS



# Navy League Cadet Corps Chain of Command and Divisional System





## MEMBERS OF MY CORPS

Name of Corps: \_\_\_\_\_

Commanding Officer: \_\_\_\_\_

Executive Officer: \_\_\_\_\_

Training Officer: \_\_\_\_\_

Supply Officer: \_\_\_\_\_

Administration Officer: \_\_\_\_\_

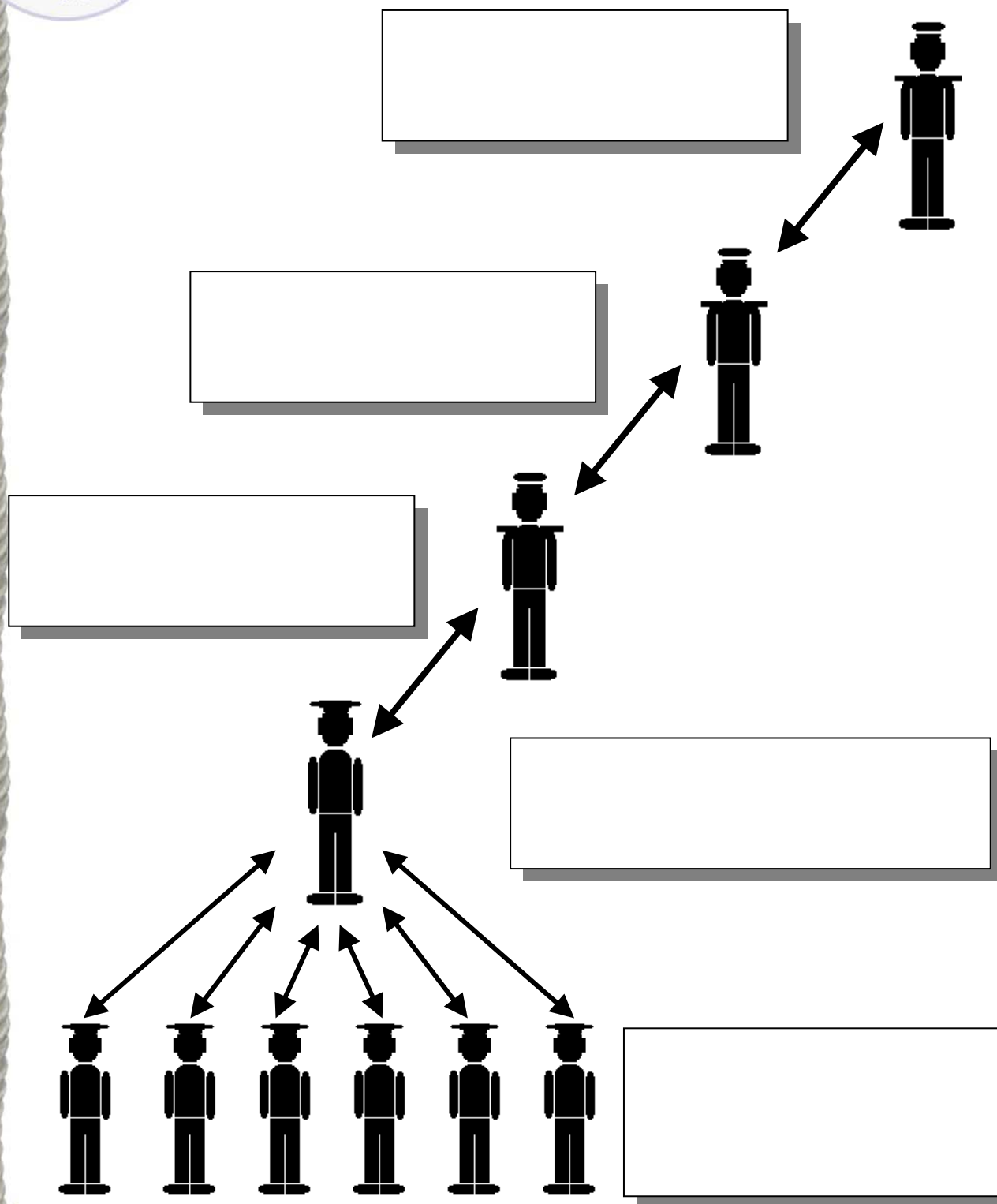
My Division: \_\_\_\_\_

My Divisional Officer: \_\_\_\_\_

My Divisional Petty Officer: \_\_\_\_\_



# Fill in the positions in the Divisional System







# Corps Organization and Ship's Routine Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| F | W | Y | E | Q | X | G | J | F | W | O | G |
| M | S | E | G | D | A | B | K | W | X | F | N |
| I | E | L | B | A | H | Y | A | L | R | F | I |
| D | G | U | G | N | I | D | A | E | L | I | D |
| S | C | Q | E | Y | P | H | T | K | N | C | N |
| H | D | I | V | I | S | I | O | N | N | E | A |
| I | T | R | A | I | N | I | N | G | G | R | M |
| P | T | N | A | N | E | T | U | E | I | L | M |
| M | C | O | M | M | A | N | D | E | R | X | O |
| A | N | P | E | T | T | Y | R | A | N | K | C |
| N | L | C | H | I | E | F | C | A | D | E | T |
| S | H | I | P | Y | J | S | U | P | P | L | Y |

ABLE  
CHIEF  
DIVISION  
MIDSHIPMAN  
RANK  
TRAINING

BADGES  
COMMANDER  
LEADING  
OFFICER  
SHIP

CADET  
COMMANDING  
LIEUTENANT  
PETTY  
SUPPLY



## UNIFORM MAINTENANCE INSTRUCTIONS

**CAP** - Your cap should be cleaned with a soft brush, warm or hot water and detergent such as Ajax, Comet or dish soap. Liquid shoe polish should not be used as it runs when it rains. After your cap is clean it should be placed in a bag and stored where it won't get crushed. The top of a closet is a good place.

Note: Your shirt and trousers should be washed in warm or cold water and can be washed with all dark clothes when a laundry is done. They can be machine dried and then both need to be pressed.

**TROUSERS** - Turn inside out and press with a damp lint-free cloth over the seams. **DO NOT** put a crease down the front of your trousers. In most cases each side must be done separately, as the seams at the sides do not usually line up. When finished leave them inside out and place on a pant hanger or a hanger that will not leave a crease through the middle.

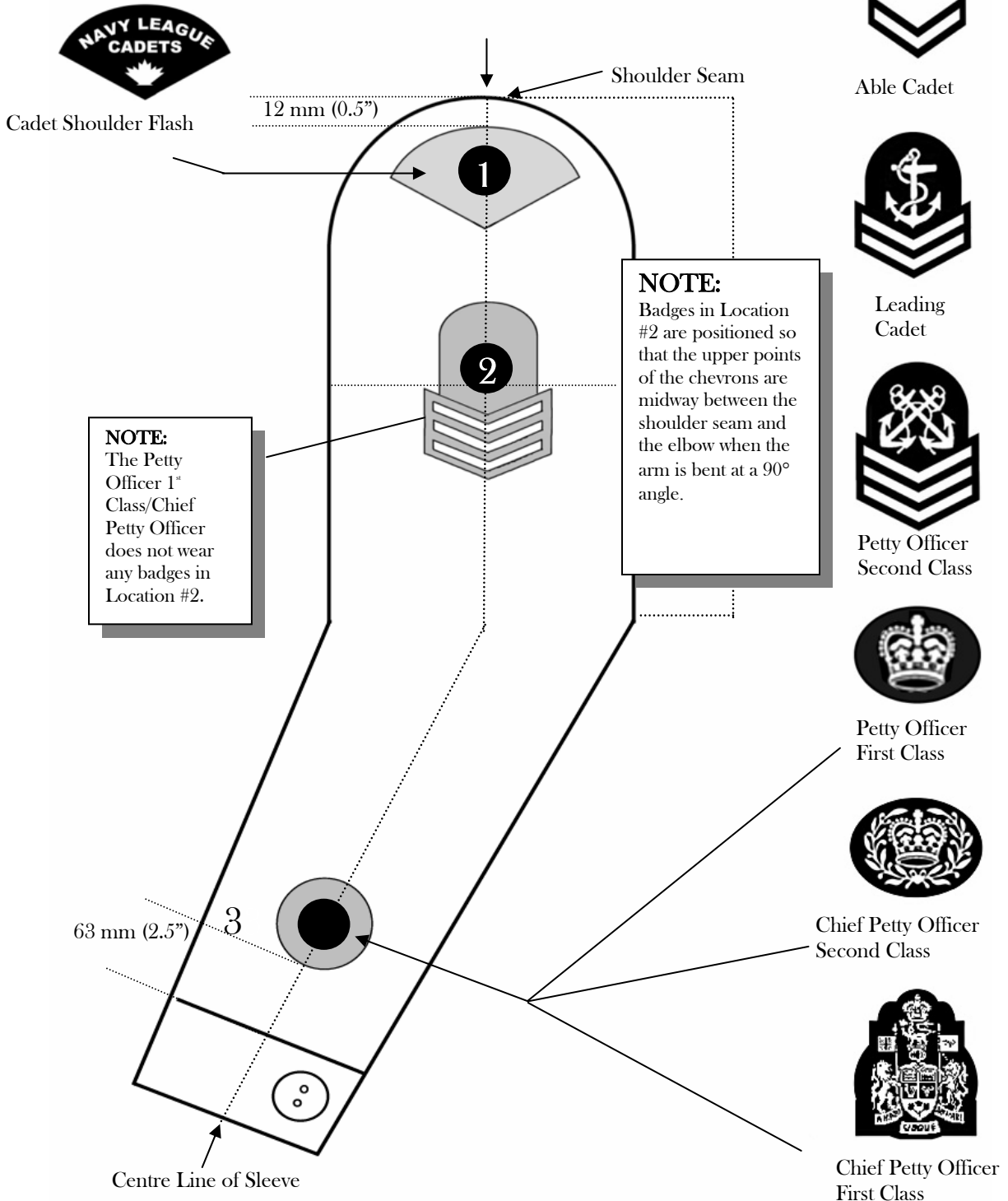
**SHIRT** - If you iron your shirt on a high temperature inside out (all except the sleeves) it will come out nicely. For the sleeves, place them on the ironing board with the seam to one side. Iron each sleeve flat and ensure that **there are no creases**. The sleeve will have to be rolled on the board in order to ensure that the entire sleeve has been pressed. Make sure no threads (Irish pennants) are sticking out. If so, clip them off with a pair of scissors. Press your collar, epaulettes, and cuffs.

**WEB BELT** - Remove the buckles and wash in hot soapy water. If the belt is extremely dirty, (it shouldn't be if it is being cleaned regularly) you may wash it using bleach. **Ask an adult to help you.**

**LANYARD** - Made of cotton, it is machine washable **DO NOT DRY IT IN A DRYER**. To dry, place some tape on a nail somewhere so rust will not get on the lanyard and then tie a shoe to the other end for weight. If it is done this way it will look new for years. It is worn around your neck, through the epaulets with the knot at the second button, looped at the fourth button and the remainder tucked neatly in the left breast pocket.

**BOOTS** - Place a **LIGHT** coat of black shoe polish (**Kiwi** works best) on the boots let it dry for 15 to 20 minutes, then using cold-water rub in small circles until a shine can be seen. When finished the boots can be buffed with an old nylon. Do not use a shoe brush, it works fine for normal shoes, however, it is next to impossible to get a high gloss shine using a brush. Your boots should be polished after every time you wear them. When finished put them in a place where they will not get scuffed.

# LEFT SLEEVE



# RIGHT SLEEVE

Centre Line of Sleeve

Shoulder Seam



Cadet Shoulder Flash



Regulation Badge



Communicator Badge



Bandsman Badge



Gunnery Badge



Boatswain Badge

## NOTE:

Badges worn in location #5 are Trade/Appointment only. The badge should be positioned so that the centre of the badge is midway between the shoulder seam and the elbow when the arm is bent at a 90° angle.

## NOTE:

Badge Location #6 to be used ONLY if #7 is used.

## NOTE:

Badges worn in location #8 are skill badges only. Positioned so that two badges may be placed on the outside of the sleeve, bottom touching the upper edge of the cuff. The centre line of the sleeve should split the badges with 1/2 cm space to each side.



Cadet Merit Badge



Navy League First Aid Badge



First Aid Badge (other)



Marksman Badge



Boatwork Badge



Sailing Badge



Semaphore Badge





Use a pencil to match the name of the badge with its picture



Regulator Badge



Communicator Badge



Bandsman Badge



Gunnery Badge



Boatswain Badge



Marksman Badge



Boatwork Badge



Cadet Merit Badge



Navy League First Aid Badge



Sailing Badge



Semaphore Badge



## Wearing and Maintenance of Uniform Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| H | S | U | R | B | L | E | S | T | O | O | B |
| A | V | B | J | Q | S | M | E | R | I | T | S |
| I | B | J | J | I | H | H | B | A | N | R | B |
| B | O | A | T | S | W | A | I | N | E | M | O |
| H | B | N | Z | D | O | D | S | S | A | G | A |
| S | A | O | N | E | E | A | U | R | L | U | T |
| I | D | R | E | F | I | O | K | T | A | N | W |
| L | G | I | F | L | R | S | R | B | N | N | O |
| O | E | U | I | T | M | I | C | E | Y | E | R |
| P | C | N | D | A | H | F | A | L | A | R | K |
| S | G | G | N | S | P | T | P | T | R | Y | R |
| E | R | O | H | P | A | M | E | S | D | Z | H |

BADGE  
BOATWORK  
CAP  
LANYARD  
POLISH  
SEMAPHORE

BELT  
BOOTS  
GUNNERY  
MARKSMAN  
SAILING  
SHIRT

BOATSWAIN  
BRUSH  
IRON  
MERIT  
SCUFFED  
TROUSERS



## THE CADET PROMISE

"I solemnly promise to honour the Queen and so conduct myself as to be a credit to my country and my Corps; to abide by the Regulations of The Navy League of Canada, attend drills regularly, take proper care of any uniforms and equipment entrusted to me, and assist and support The Navy League of Canada to the best of my abilities".

Cadet signature: \_\_\_\_\_



## NAVY LEAGUE CADET RIGHTS AND RESPONSIBILITIES

| RIGHTS   | RESPONSIBILITIES  |
|--|---|
| <ul style="list-style-type: none"><li>• Be treated fairly and with respect</li><li>• Be included</li><li>• Seek help</li><li>• Make decisions</li><li>• Use the law</li><li>• Feel safe</li><li>• Learn</li><li>• Be heard</li><li>• Say "NO" to unwelcome behaviour</li><li>• Be protected from all forms of abuse and harassment</li></ul> | <ul style="list-style-type: none"><li>• Show support for Canada, your community and your corps</li><li>• Treat Officers and other cadets fairly and with respect</li><li>• Attend parades regularly - and be on time</li><li>• Present oneself in an appropriate manner while in uniform and at all NL Cadet activities</li><li>• Wear and maintain the uniform and equipment in your possession</li><li>• Actively participate during lessons</li><li>• Participate in NL branch fund-raising endeavours</li><li>• Perform duties as they are assigned</li></ul> |



# History of the Navy League



## OBJECTIVES OF NAVY LEAGUE CADETS

|              |  |
|--------------|--|
| Objective #1 | To instill in NL Cadets a sense of loyalty and commitment to Canada and to their community                                 |
| Objective #2 | To instill in NL Cadets a sense of commitment to their Corps and of loyalty and respect for their Officers and instructors |
| Objective #3 | To help NL Cadets learn self-discipline and self-respect   |
| Objective #4 | To instill in NL Cadets a sense of initiative and self-reliance  |
| Objective #5 | To develop teamwork among cadets and encourage them to help others   |
| Objective #6 | To encourage NL Cadets to learn about the sea and ships  |
| Objective #7 | To give NL Cadets first aid training   |
| Objective #8 | To create a healthy environment where NL Cadets can have fun   |
| Objective #9 | To inform Cadets about the Canadian Cadet Movement   |



# The Navy League Movement Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| E | G | E | D | G | Y | G | Q | Y | E | E | C |
| U | N | K | N | R | Q | R | R | N | S | T | Y |
| G | I | D | R | T | I | M | G | C | I | T | N |
| A | S | U | F | O | R | L | C | S | M | E | L |
| E | I | T | A | C | W | U | L | R | O | N | H |
| L | A | I | Y | Y | J | M | S | S | R | E | I |
| H | R | E | U | D | B | F | A | T | P | R | S |
| C | D | S | D | O | K | P | Z | E | E | W | T |
| N | N | T | R | O | P | P | U | S | T | D | O |
| A | U | B | R | I | G | A | D | E | M | S | R |
| R | F | Y | T | L | A | Y | O | L | T | O | Y |
| B | Q | U | E | E | N | N | A | V | Y | T | X |

BRANCH  
DUTIES  
HISTORY  
NAVY  
SUPPORT

BRIGADE  
ENTRUSTED  
LEAGUE  
PROMISE  
TEAMWORK

DRILLS  
FUNDRAISING  
LOYALTY  
QUEEN  
WRENETTE



## ORDERS AND THE FOOT THEY ARE CALLED ON

### COMMAND

### FOOT

“HALT”

LEFT

“LEFT - TURN”

RIGHT

“RIGHT - TURN”

LEFT

“MARK - TIME”

RIGHT

“FOR - WARD”

LEFT

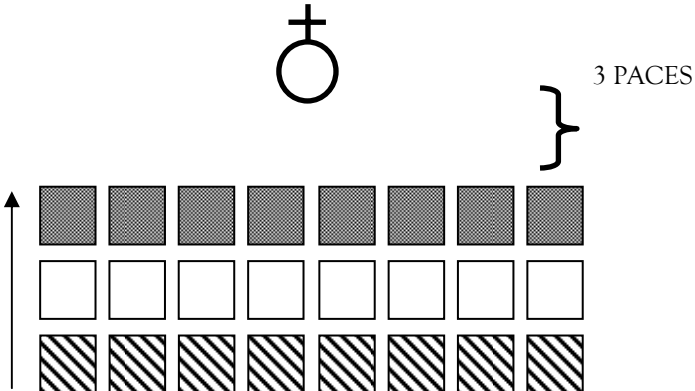
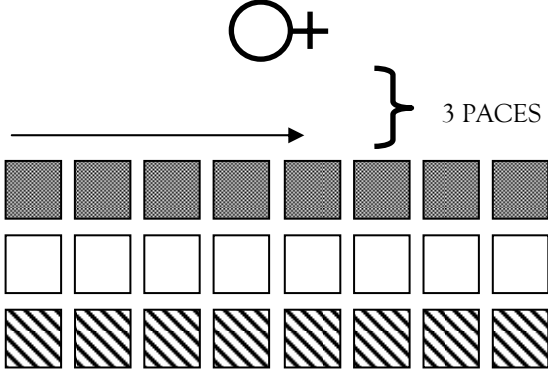
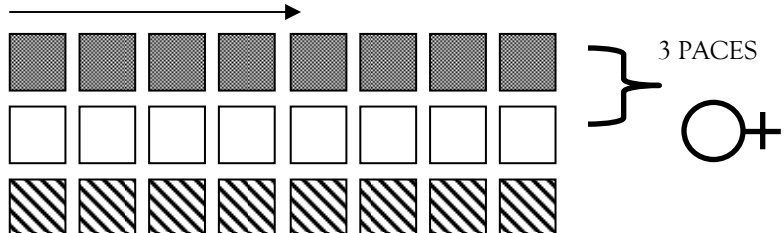
“TO THE RIGHT (LEFT) - SALUTE”

LEFT

“EYES - RIGHT / EYES - FRONT”

LEFT



|                   |  |
|-------------------|--|
| DPO Positions     | <p>ADVANCE IN LINE</p>             |
| When on the March | <p>  </p> <p>COLUMN OF THREES</p> |
|                   | <p>COLUMN OF ROUTE</p>           |



# Drill Word Search

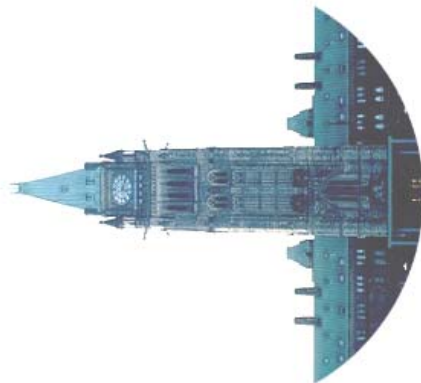
C O A D V A N C E G T R  
P O N Z M V F O U U I S  
L O L A K O D N R G E E  
W E R U R G N N H C U Y  
U C F W M E M T A W N E  
H F A T R N A P X H P S  
N R C Y V E R S W A Y R  
D D R I L L K A E L E I  
S A L U T E T Y T T L G  
P I B T E O I S U T F H  
M C R L B X M Y O V K T  
R M B M I A E E R F Z W

ADVANCE  
EYESRIGHT  
HALT  
MARKTIME  
ROUTE

COLUMN  
FORWARD  
LEFT  
PACES  
SALUTE

DRILL  
GUNNERY  
MARCH  
RIGHT  
TURN

# CANADIAN SYMBOLS





# OATH OF CANADIAN CITIZENSHIP

“I affirm that I will be faithful and bear true allegiance to her Majesty Queen Elizabeth the Second, Queen of Canada, Her Heirs and Successors, according to law and that I will faithfully observe the laws of Canada and fulfill my duties as a Canadian Citizen.”





### THE MAPLE LEAF FOREVER

In Days of yore,  
From Britain's shore  
Wolfe the dauntless hero  
came, And planted firm  
Britannia's flag  
On Canada's fair  
domain.  
Here may it wave,  
Our boast, our pride  
And joined in love  
together, The thistle,  
shamrock, rose  
entwined, The Maple  
Leaf Forever.

### O CANADA (English)

O Canada!  
Our home and native land!  
True patriot love in all thy sons  
command.  
With glowing hearts we see thee rise,  
The True North strong and free!  
From far and wide,  
O Canada, we stand on guard for  
thee.  
God keep our land glorious and  
free!  
O Canada, we stand on guard for  
thee.  
O Canada, we stand on guard for  
thee.

### GOD SAVE THE QUEEN

God save our gracious Queen  
Long live our noble Queen,  
God save the Queen:  
Send her victorious,  
Happy and glorious,  
Long to reign over us:  
God save the Queen.

### THE MAPLE LEAF FOREVER (cont..)

[CHORUS]  
The Maple Leaf  
Our Emblem Dear,  
The Maple Leaf Forever,  
God save our Queen and  
heaven bless, The Maple Leaf  
Forever  
At Queenston Heights and  
Lundy's Lane, Our brave  
fathers side by side, For  
freedom's home and loved  
ones dear, Firmly stood and  
nobly died. And so their rights  
which they maintained, We  
swear to yield them never.  
Our watchword ever more shall  
be The Maple Leaf Forever

### [CHORUS]

Our fair Dominion now  
extends, From Cape Race to  
Nootka Sound May peace  
forever be our lot, And plenty a  
store abound, And may those  
ties of love be ours, Which  
discord cannot sever, And  
flourish green for freedom's  
home The Maple Leaf Forever

### [CHORUS]

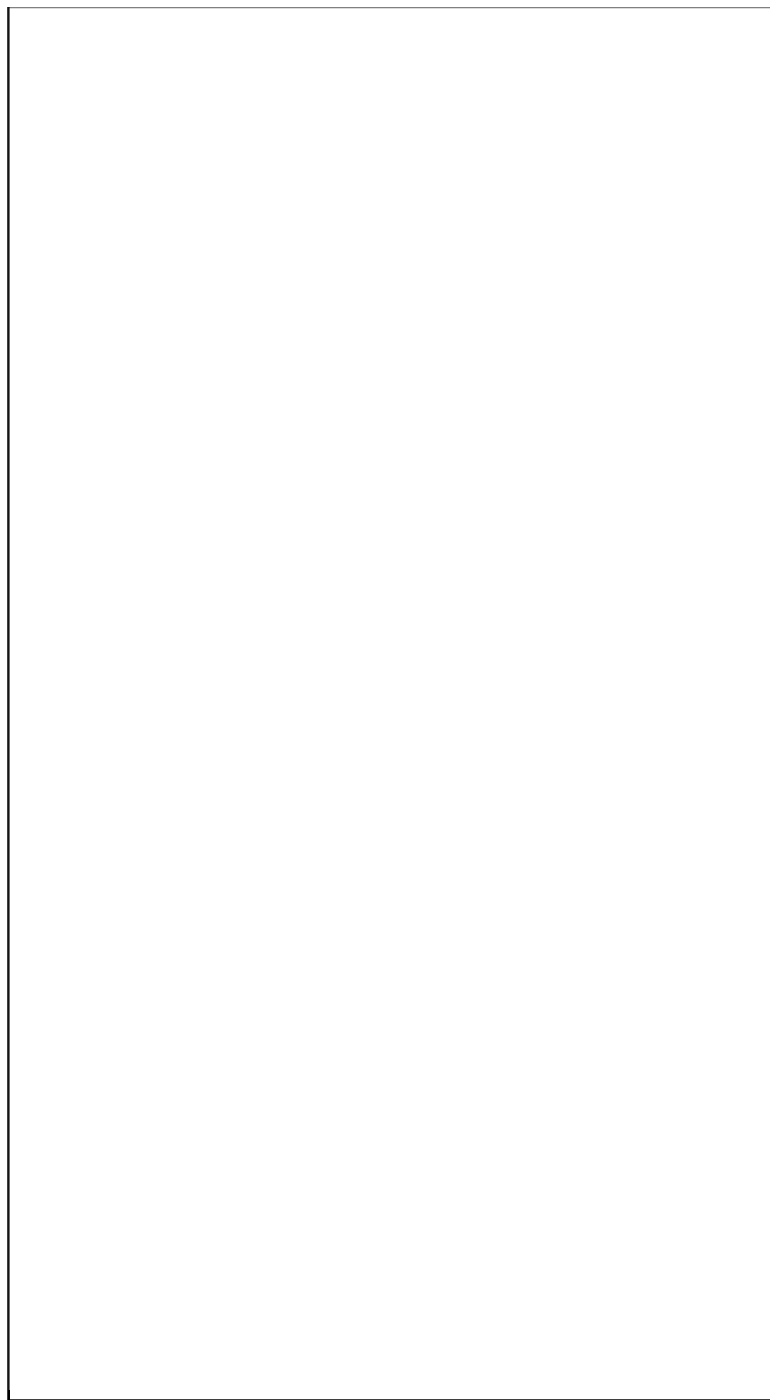
### O CANADA (en Français)

O Canada! Terre de nos aïeux,  
Ton front est ceint de fleurons  
glorieux!  
Car ton bras sait porter l'épée,  
Il sait porter la croix!  
Ton histoire est une épopée  
Des plus brillants exploits.  
Et ta valeur, de foi trempée,  
Protégera nos foyers et nos droits.  
Protégera nos foyers et nos droits.





Use the outline below to create a flag that represents your idea of Canada





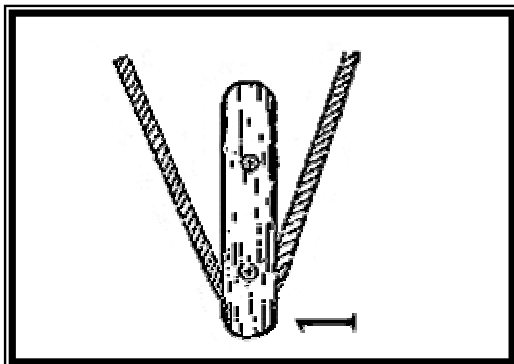
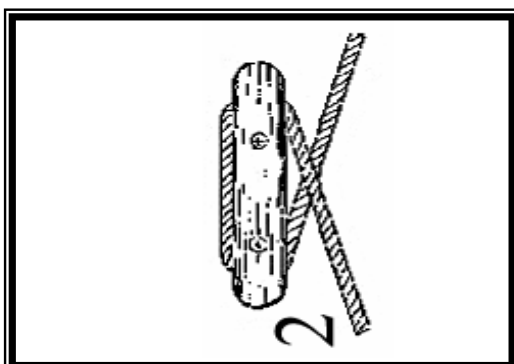
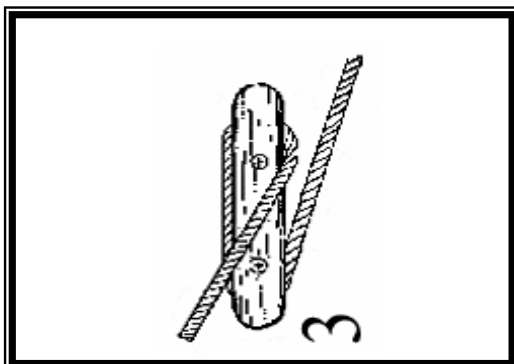
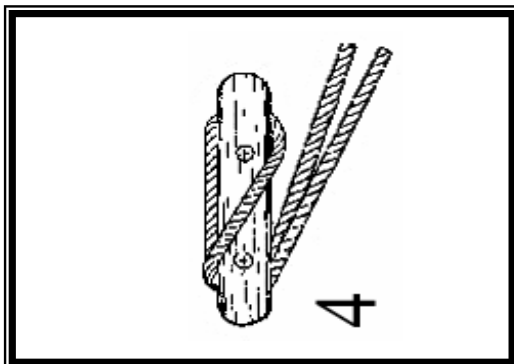
# Canadian Citizenship Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | R | K | E | G | A | L | F | C | S | I | W |
| S | Y | E | S | L | P | W | I | F | E | V | O |
| X | R | R | V | L | P | T | W | A | I | N | L |
| B | U | O | W | E | I | A | F | I | T | U | R |
| Y | R | A | S | Z | R | J | M | T | U | P | V |
| A | L | I | E | S | C | O | F | H | D | D | E |
| I | N | N | T | A | E | A | F | F | K | K | U |
| R | E | T | N | A | E | C | H | U | X | Z | J |
| U | K | A | H | L | I | T | C | L | U | G | K |
| X | D | L | S | E | A | N | T | U | S | O | D |
| A | N | M | I | O | M | V | R | U | S | K | Y |
| Q | U | E | E | N | S | R | I | E | H | J | T |

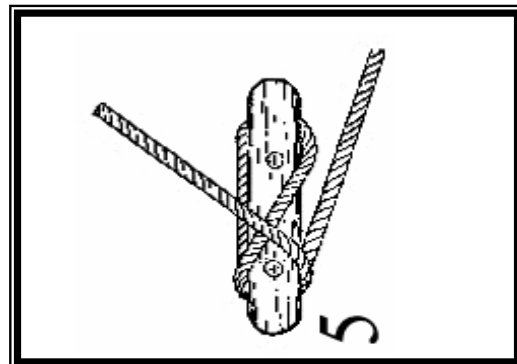
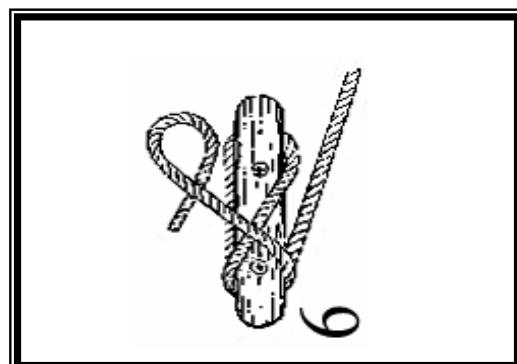
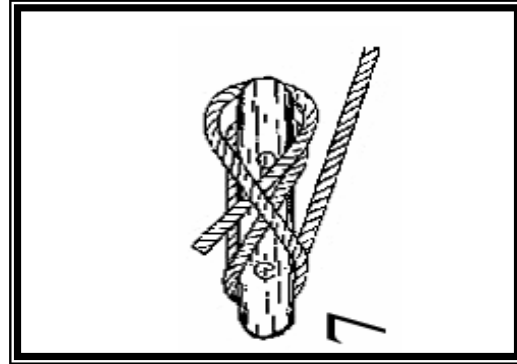
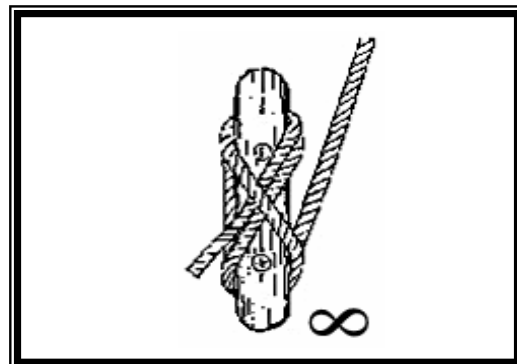
ANTHEM  
CITIZEN  
FLAG  
LAW  
OATH

BRITAIN  
DUTIES  
FOREVER  
LEAF  
QUEEN

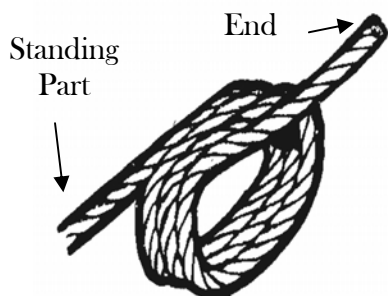
CANADA  
FAITHFUL  
HEIRS  
MAPLE  
SUCCESSORS



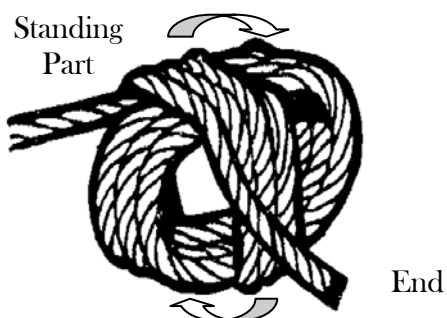
## The Cleat Hitch



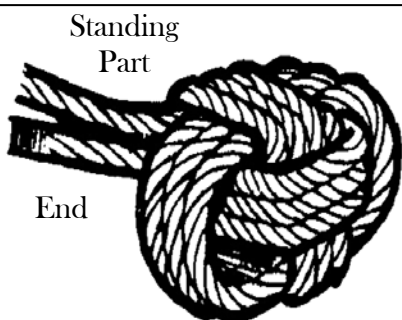
# THE MONKEY'S FIST



Wind three turns around the hand.



Pass a second set of three turns across and around the first three, in the direction indicated by the arrows.



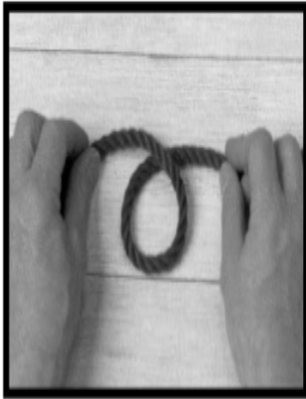
Pass a third three turns round and across the second three, but inside the first set. If the knot is correctly made the end will come out alongside the standing part.



To finish the knot, tie an overhand knot in the end and hide it by tucking it inside the monkey fist, then work all parts taut.



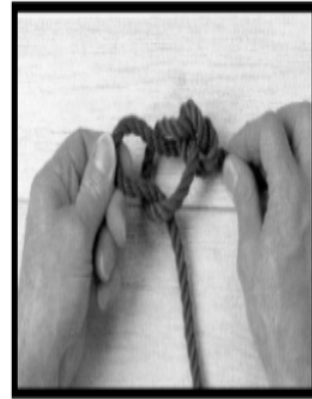
# CHAIN SENNIT



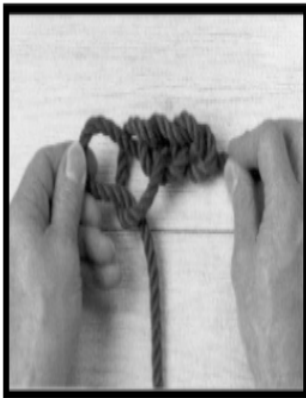
1. Cast a counter-clockwise overhand loop with a long working end.



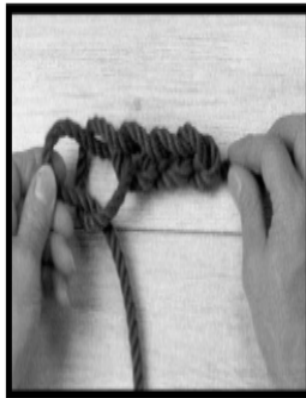
2. Lay the working end beneath the loop and pull a bight through it; pull the resulting knot tight.



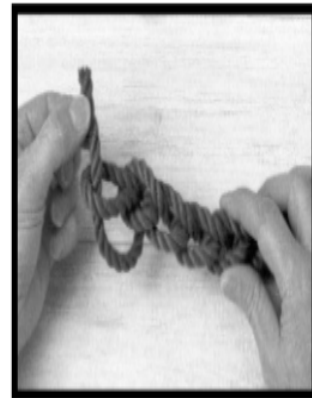
3. Pull a second bight in the working end through the first bight and pull tight.



4. Similarly, pull a third bight through the second bight and pull it tight.



5. Continue pulling, bight through bight, tightening each stage before going on to the next.



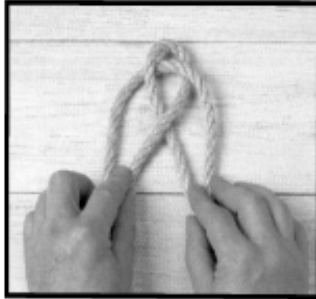
6. To finish the chain, simply tuck the working end through the preceding bight.





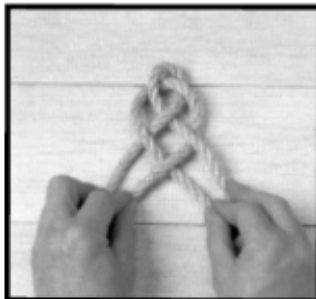
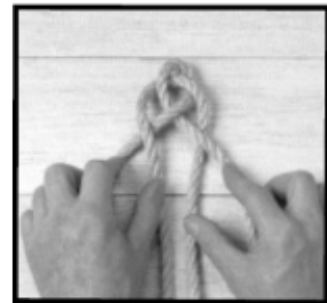
7. In order to transform the chain into an anklet or bracelet, cut each end to a desired length, wrap around wrist (or ankle), and secure the ends with a reef knot. (Be sure that it is not too tight!)

# SQUARE PLAIT



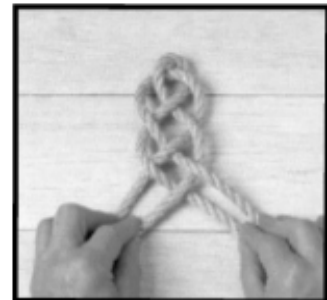
1. Middle two lengths of rope or cord, looping one over the other (as shown), and separating the four strands into a left-handed and a right-hand pair.

2. Simultaneously, cross the left-handed pair of strands (left over right) and the right-handed pair (also left over right).



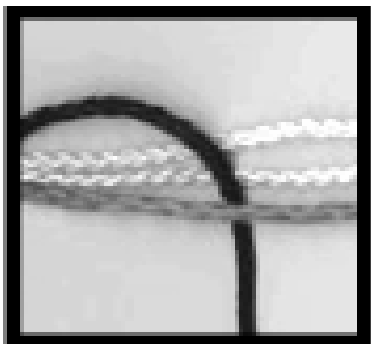
3. Cross the innermost two strands (right over left).

4. Repeat steps 2 and 3, with tension and tightness to ensure a symmetrical pattern develops.

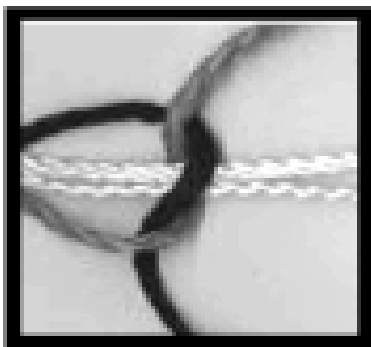


5. Continue this process until the desired length has been reached. Bind the ends together.

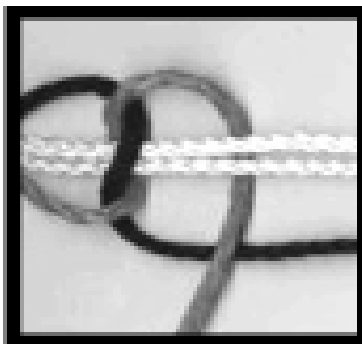
# PORTUGUESE SENNIT



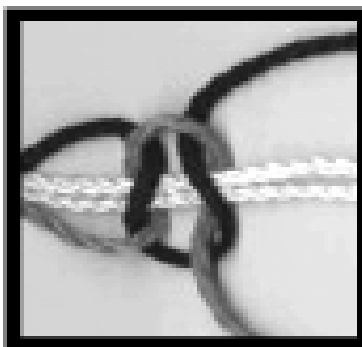
1. Place the right hand (darker) cord over the two core (white) cords. Place it under the left hand (lighter) cord.



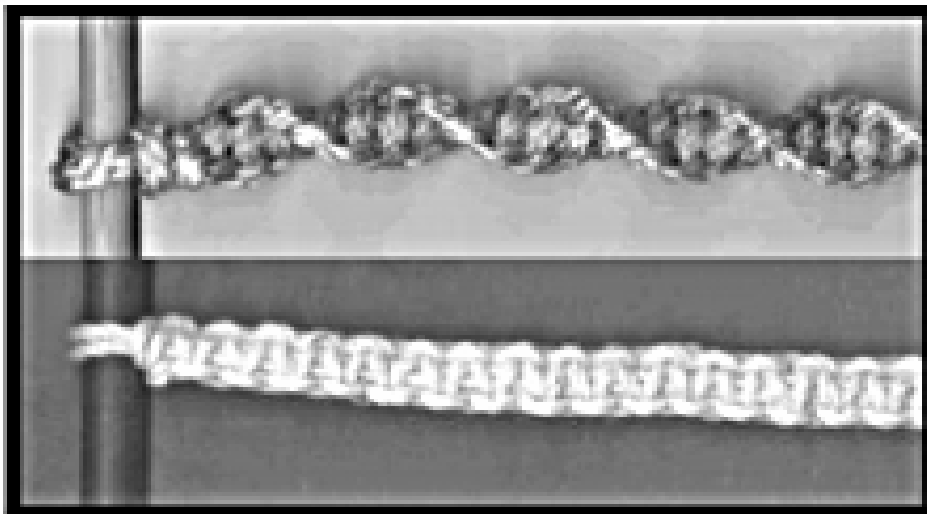
2. Bring the left hand cord under the two core cords and up through the loop formed by the core cord and the darker cord. Tighten by pulling gently on the knotting cords.



3. The second half of the square knot is the reverse of the first half. Bring the lighter cord (which is now on the right hand side) behind the two core cords. Bring it over the left hand (darker) cord.



4. Place the darker cord into the right hand loop by going over the core cords and under the lighter cord. Tighten by gently pulling on the knotting cord.



You can create a flat Portuguese Sennit (left picture) by repeating steps 1-4. In order to create a spiral Portuguese Sennit (right picture), only repeat steps 1 and 2 until the desired length has been reached.



# Seamanship Word Search

T N L S H E N N H P C M  
O R I D I S J I U H L O  
N E O N T E M A E Z E N  
K T C A C G X H G L A K  
Y T A R H U P C F U T E  
G A D T B T E L V X T Y  
K P L S D R T W A N W L  
Y I R Z B O B I Y I E F  
K B Y H E P X X N N T R  
G N I D N A T S G N O D  
X F V D U K F H N P E I  
B I G H T W T P E D J S

BIGHT  
COIL  
LENGTH  
PLAIT  
SENNIT

CHAIN  
HITCH  
MONKEY  
PORTUGUESE  
STANDING

CLEAT  
KNOT  
PATTERN  
ROPE  
STRANDS





# NAVAL TERMS

| Naval Term         | Translation  |
|--------------------|--|
| aft                | in the direction of the stern (rear) of a ship                 |
| aye aye            | means "order understood and I will follow"                     |
| boatswain's stores | storeroom for cleaning gear                                    |
| bulkhead           | wall   |
| colours            | ceremony of hoisting the National Flag                         |
| coxswain           | the senior petty officer on a ship                             |
| deck               | floor  |
| duty watch         | division selected to look after corps preparation and clean up |
| fore               | in the direction of the bow (front) of a ship                  |
| galley             | kitchen  |
| gangway            | passageway (like a hallway)                                    |
| gash-can           | garbage can  |
| heads              | toilets  |
| kye                | hot chocolate  |
| liberty boat       | after being dismissed and are free to go "ashore"              |
| out pipes          | a pipe indicating the end of stand easy                        |
| pipe               | sound produced from a Boatswain's Call; all pipes have meaning |
| pipe down          | keep quiet   |
| port               | the left side  |
| scrn locker        | lost and found   |
| secure             | to close up, put away gear                                     |
| ship's company     | refers to all personnel on a ship, or at a corps               |
| stand easy         | a break  |
| starboard          | the right side   |
| stow               | to put away  |
| sunset             | the ceremony of lowering the National Flag                     |





# PHONETICAL ALPHABET

|         |          |
|---------|----------|
| Alpha   | Bravo    |
| Charlie | Delta    |
| Echo    | Foxtrot  |
| Golf    | Hotel    |
| India   | Juliet   |
| Kilo    | Lima     |
| Mike    | November |
| Oscar   | Papa     |
| Quebec  | Romeo    |
| Sierra  | Tango    |
| Uniform | Victor   |
| Whiskey | X-ray    |
| Yankee  | Zulu     |



# NAVAL TIME

Convert the following times into the 24 Hour Clock

12:54 p.m.

\_\_\_\_\_

3:23 a.m.

\_\_\_\_\_

5:08 a.m.

\_\_\_\_\_

8:35 p.m.

\_\_\_\_\_

11:17 p.m.

\_\_\_\_\_

Convert the following times into the 12 Hour Clock

0055

\_\_\_\_\_

0342

\_\_\_\_\_

1111

\_\_\_\_\_

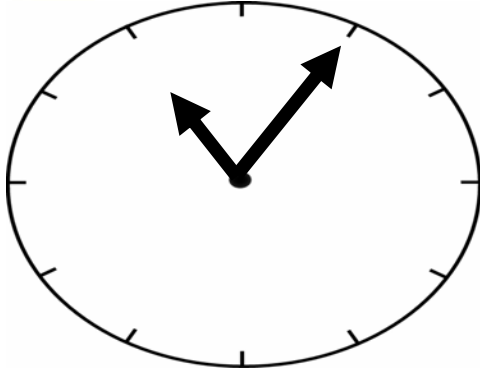
0001

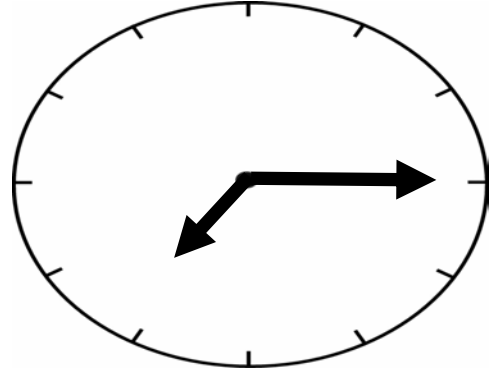
\_\_\_\_\_

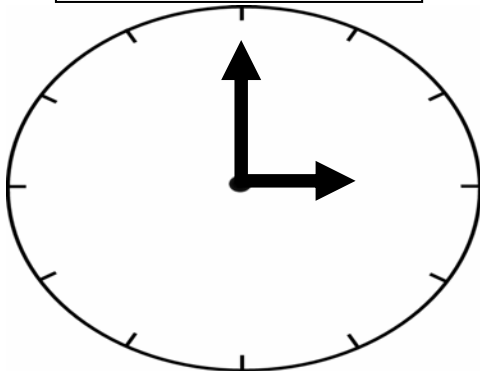
1229

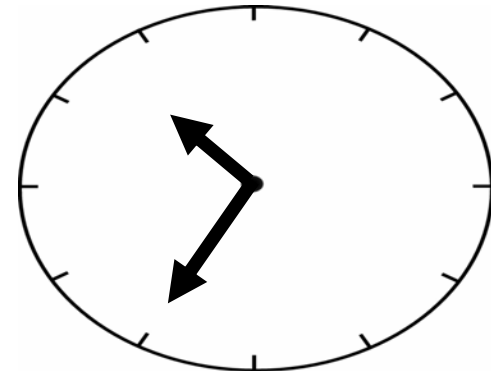
\_\_\_\_\_

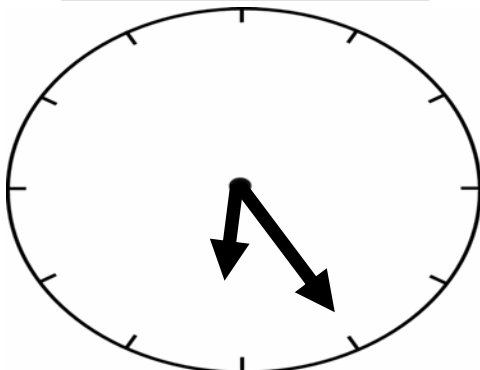
Write the proper military time  
for the following clocks

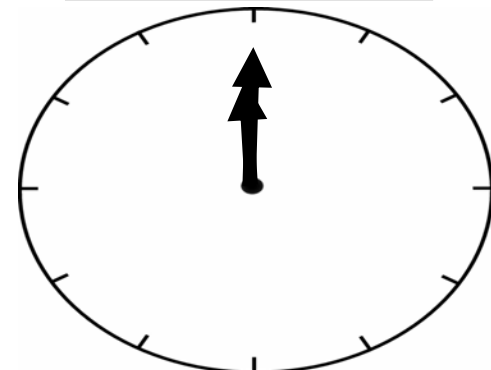






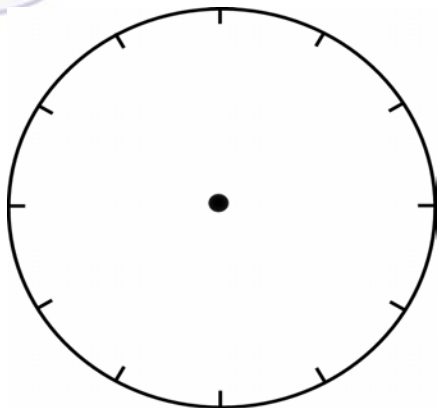




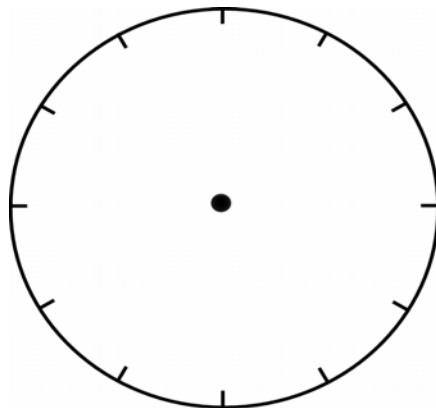




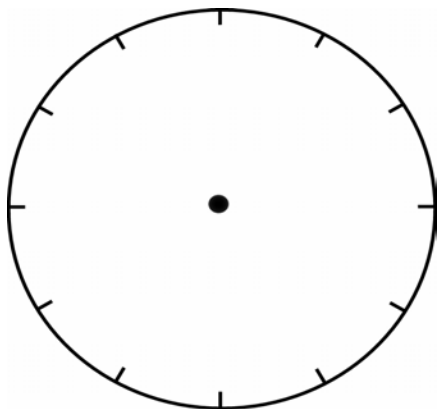
Draw the hands on the clock  
to match the military time



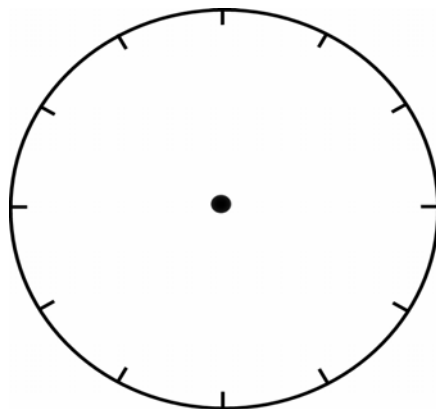
1630



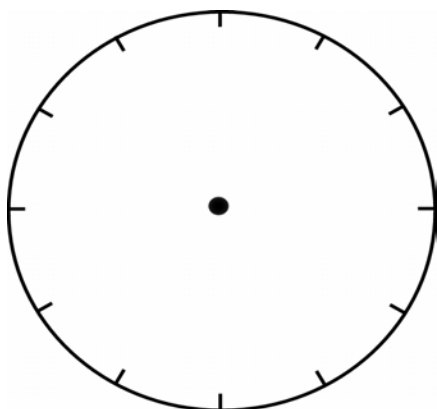
0850



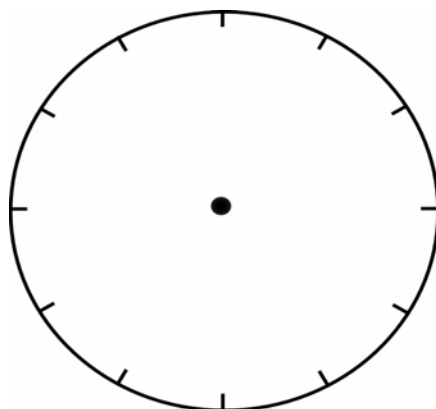
2359



0015



1210



2145



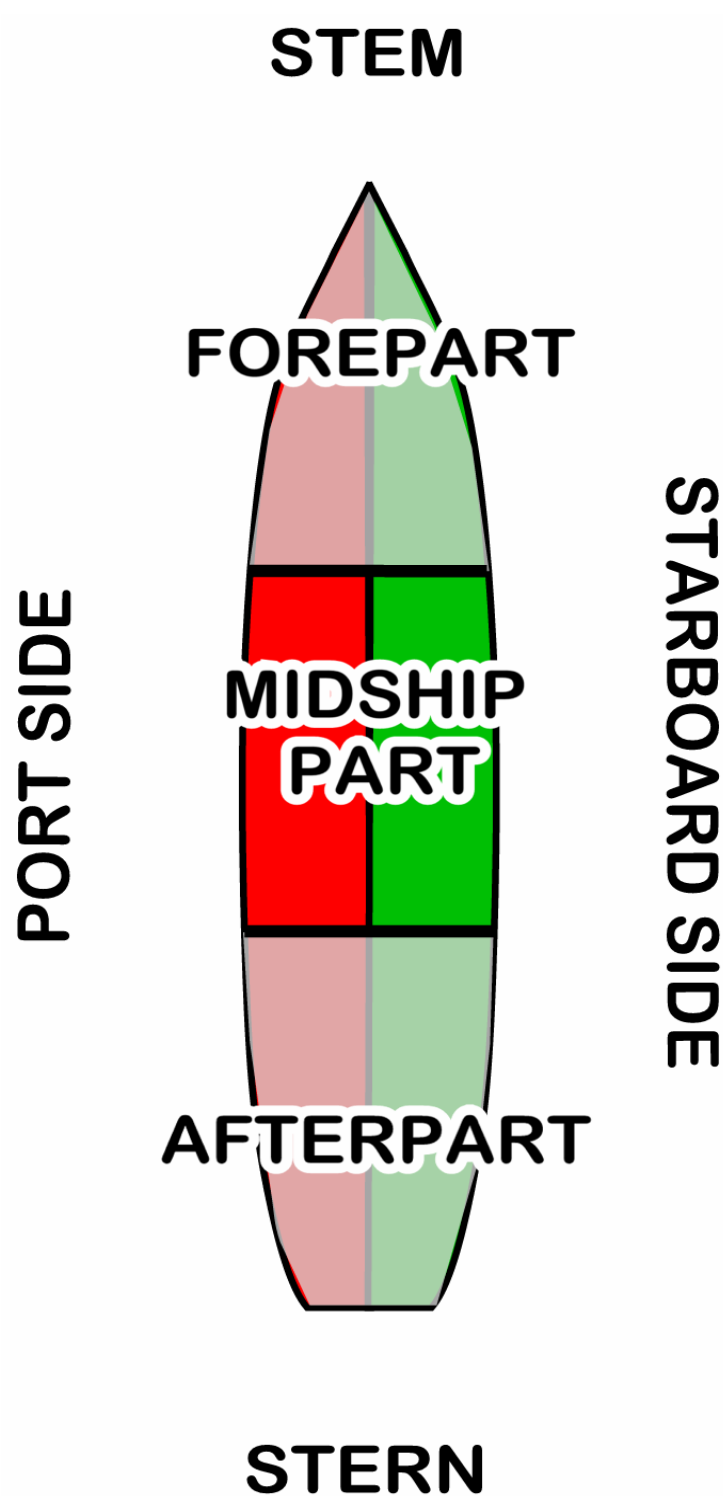
Match the times with the proper watches

|             |                 |
|-------------|-----------------|
| 1200 - 1600 | Last Dog Watch  |
| 0400 - 0800 | First Watch     |
| 2000 - 2359 | Forenoon Watch  |
| 2359 - 0400 | First Dog Watch |
| 1600 - 1800 | Afternoon Watch |
| 0800 - 1200 | Morning Watch   |
| 1800 - 2000 | Middle Watch    |



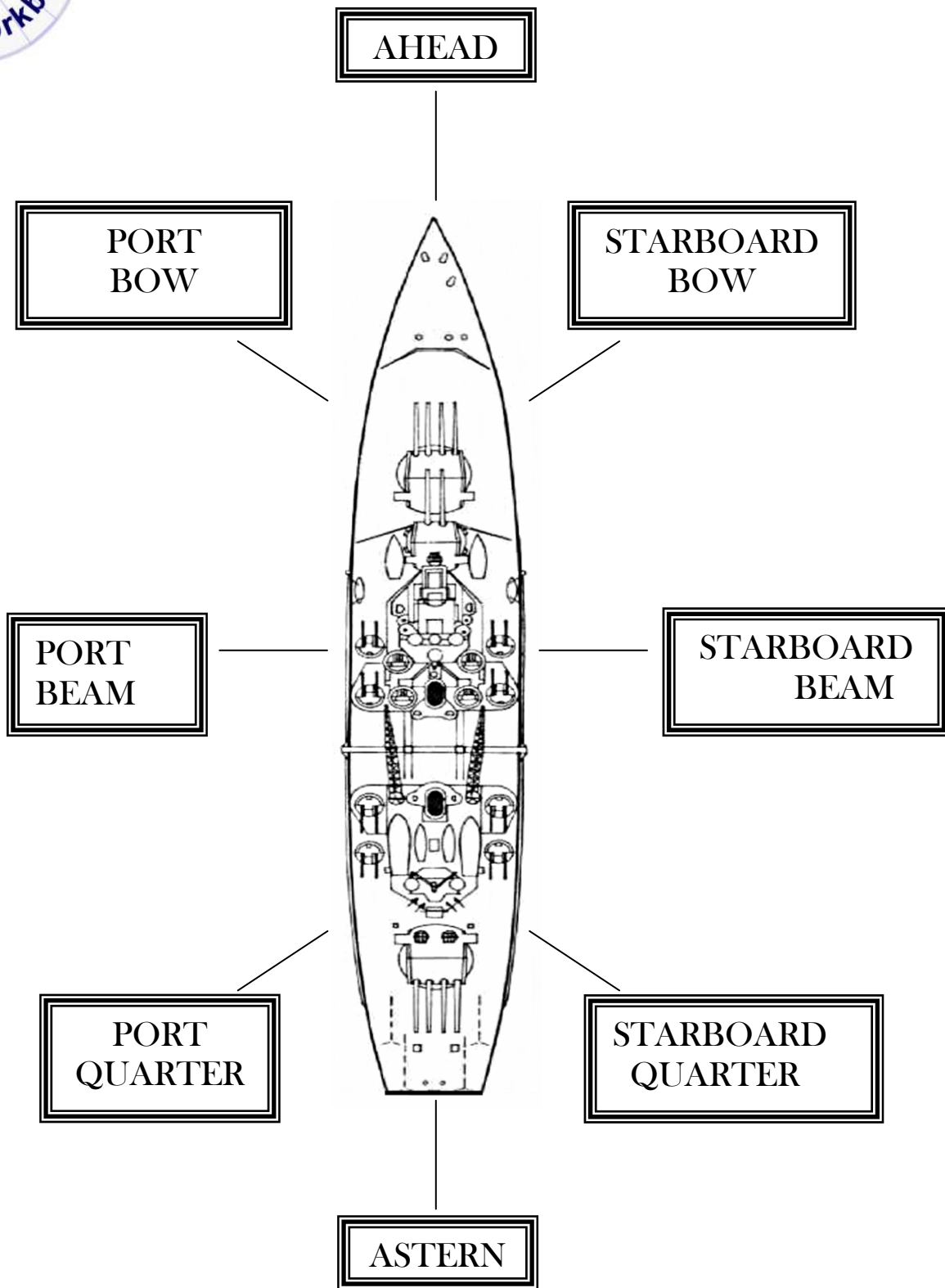


# SECTIONS OF A SHIP



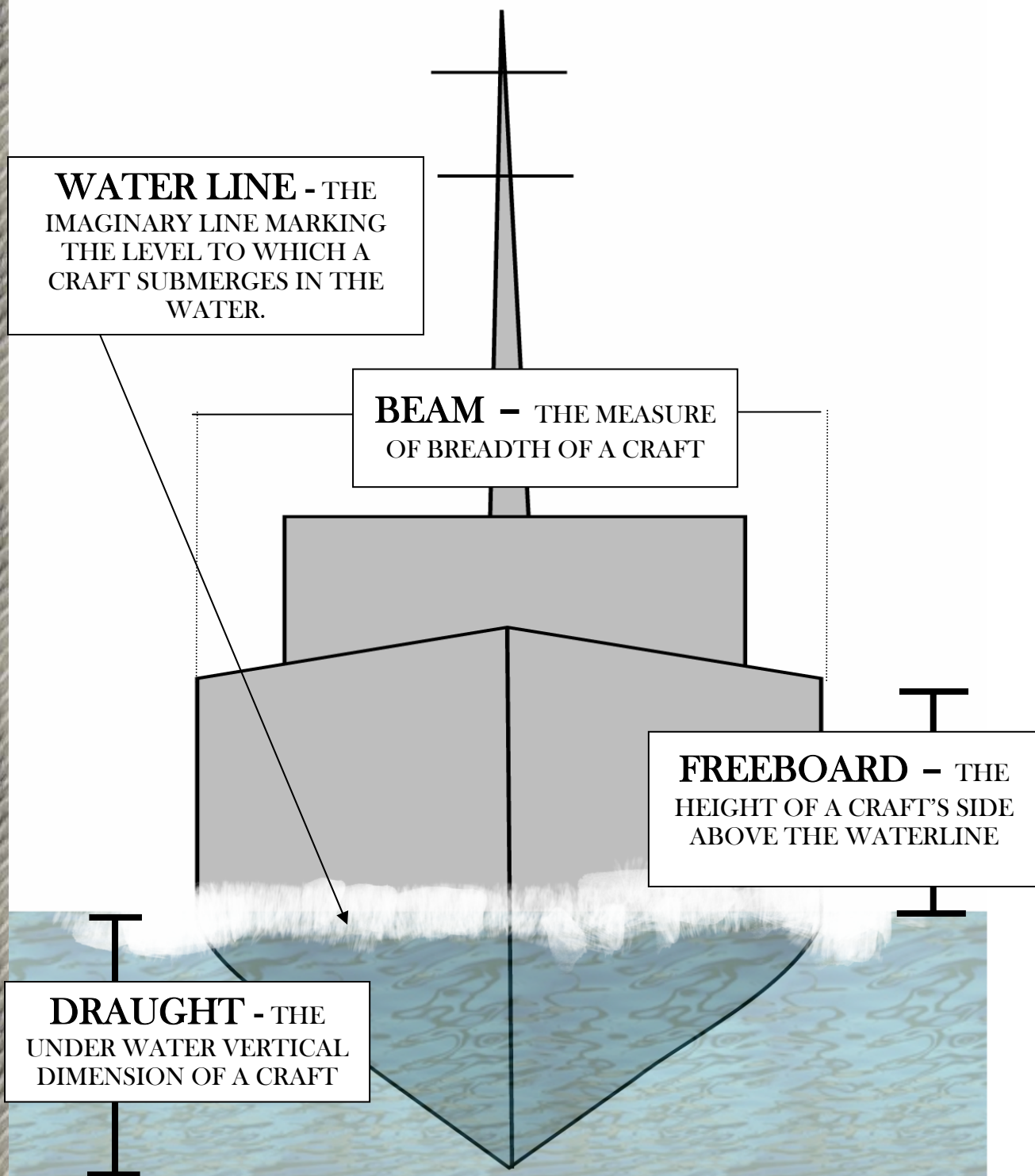


# SHIP DIRECTIONS



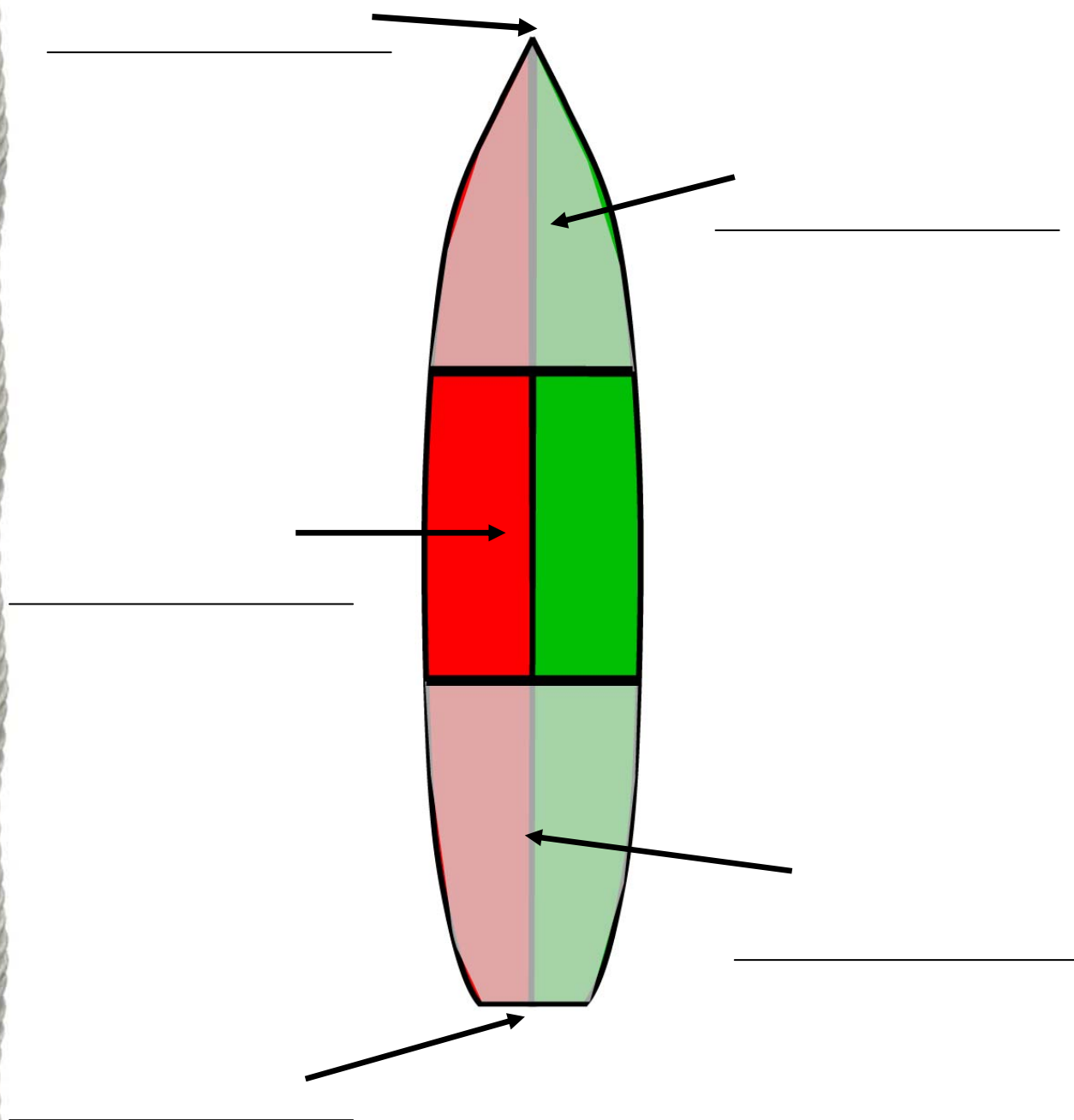


# SHIP DIMENSIONS





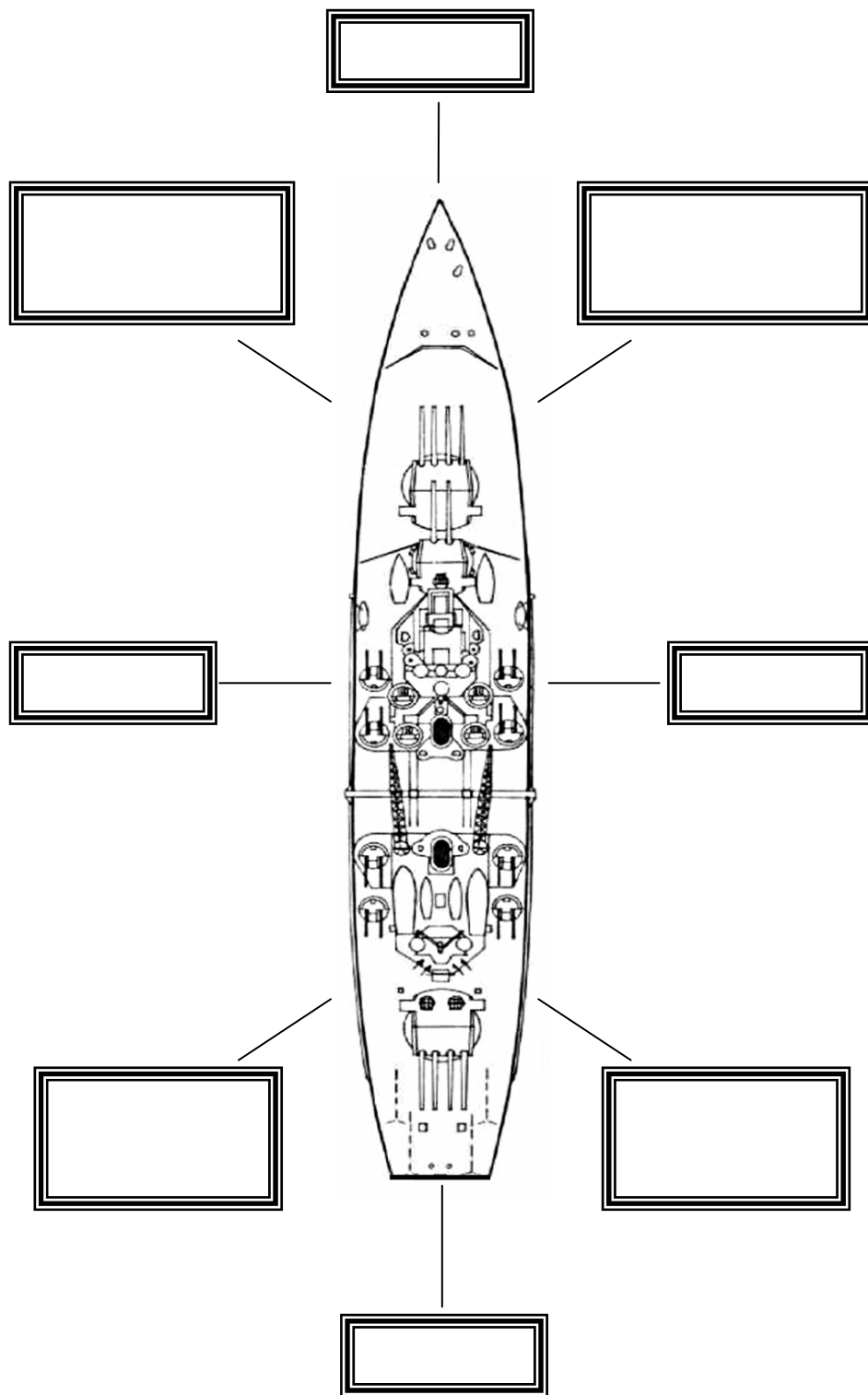
# LABEL THE SHIP PARTS



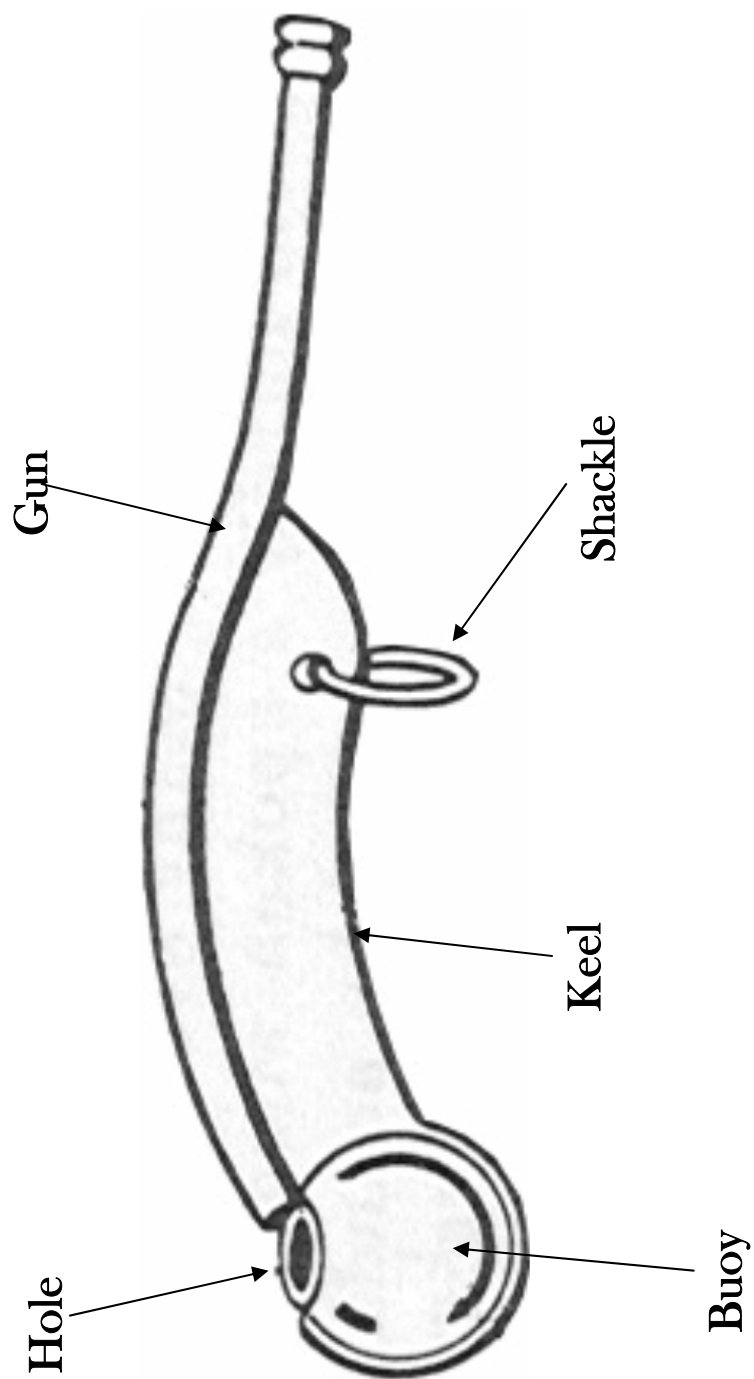




# LABEL THE SHIP DIRECTIONS



## Parts of the BOATSWAIN'S CALL





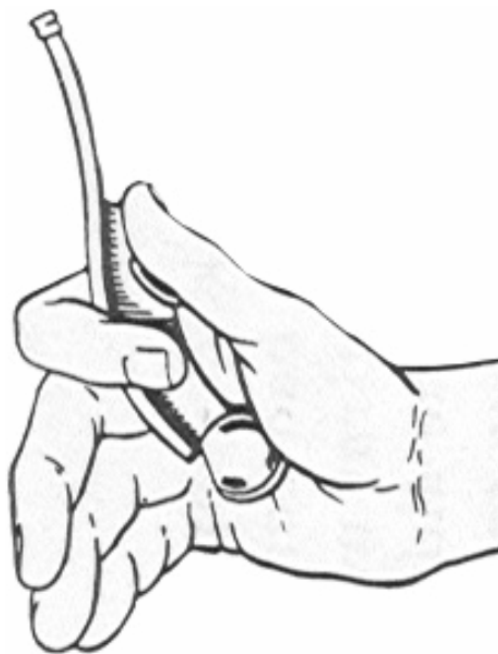
# PIPES USED WITH THE BOATSWAIN'S CALL

(Time in seconds)

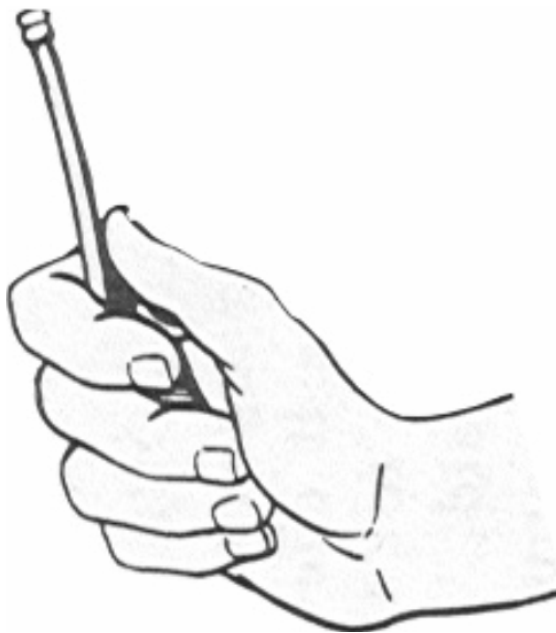
| PIPE         | Note | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|--------------|------|---|---|---|---|---|---|---|---|---|---|----|----|----|
| Still        | High |   |   |   |   |   |   |   |   |   |   |    |    |    |
|              | Low  |   |   |   |   |   |   |   |   |   |   |    |    |    |
| Carry On     | High |   |   |   |   |   |   |   |   |   |   |    |    |    |
|              | Low  |   |   |   |   |   |   |   |   |   |   |    |    |    |
| General Call | High |   |   |   |   |   |   |   |   |   |   |    |    |    |
|              | Low  |   |   |   |   |   |   |   |   |   |   |    |    |    |
| The Side     | High |   |   |   |   |   |   |   |   |   |   |    |    |    |
|              | Low  |   |   |   |   |   |   |   |   |   |   |    |    |    |

## TWO NOTES OF THE BOATSWAIN CALL

LOW NOTE



HIGH NOTE

































Draw a line to represent the sound that each pipe makes

(Time in seconds)

| PIPE         | Note | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|--------------|------|---|---|---|---|---|---|---|---|---|---|----|----|----|
| Still        | High |   |   |   |   |   |   |   |   |   |   |    |    |    |
|              | Low  |   |   |   |   |   |   |   |   |   |   |    |    |    |
| Carry On     | High |   |   |   |   |   |   |   |   |   |   |    |    |    |
|              | Low  |   |   |   |   |   |   |   |   |   |   |    |    |    |
| General Call | High |   |   |   |   |   |   |   |   |   |   |    |    |    |
|              | Low  |   |   |   |   |   |   |   |   |   |   |    |    |    |
| The Side     | High |   |   |   |   |   |   |   |   |   |   |    |    |    |
|              | Low  |   |   |   |   |   |   |   |   |   |   |    |    |    |

|   |  |   |  |
|---|--|---|--|
|    | ALPHA<br>Diver down; keep clear                  |    | NOVEMBER<br>Negative                                     |
|    | BRAVO<br>Dangerous cargo                         |    | OSCAR<br>Man overboard                                   |
|    | CHARLIE<br>Affirmative                           |    | PAPA<br>Ready to sail                                    |
|    | DELTA<br>Keep Clear; Manoeuvring with Difficulty |    | QUEBEC<br>Request free pratique                          |
|    | ECHO<br>Altering course to starboard             |    | ROMEO  |
|   | FOXTROT<br>Disabled; communicate with me         |   | SIERRA<br>My engines are going astern                    |
|  | GOLF<br>Require a pilot                          |  | TANGO<br>Keep clear of me; I am engaged in pair trawling |
|  | HOTEL<br>Pilot on board                          |  | UNIFORM<br>You are running into danger                   |
|  | INDIA<br>Altering course to port                 |  | VICTOR<br>I require assistance                           |
|  | JULIET<br>On fire; keep clear                    |  | WHISKEY<br>I require medical assistance                  |
|  | KILO<br>I wish to communicate with you           |  | XRAY<br>Stop your intention and watch for my signals     |
|  | LIMA<br>Stop instantly                           |  | YANKEE<br>I am dragging my anchor                        |
|  | MIKE<br>I am stopped                             |  | ZULU<br>I require a tug                                  |



## Match the flag with its meaning



I require medical assistance



I require a tug



Man Overboard



Maneuvering



On Fire; Keep Clear



Diver Down

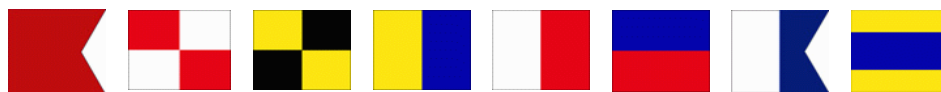


You are running into danger



I require assistance

## Decode the following words




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# Naval Knowledge Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| N | H | F | A | C | V | G | S | N | C | M | L |
| S | I | O | T | O | M | D | M | O | Y | I | L |
| T | F | A | Z | S | A | G | L | T | S | D | I |
| O | I | A | W | E | O | O | B | F | H | S | T |
| W | M | K | H | S | U | J | O | I | A | H | S |
| M | A | E | B | R | X | G | W | R | C | I | J |
| D | K | V | S | A | K | O | A | S | K | P | S |
| T | O | R | T | X | O | F | C | T | L | D | Z |
| W | A | T | C | H | E | S | O | D | E | M | A |
| N | R | E | T | S | W | R | H | O | A | F | T |
| K | P | B | K | M | I | B | C | G | K | O | P |
| T | H | G | U | A | R | D | Z | R | P | K | B |

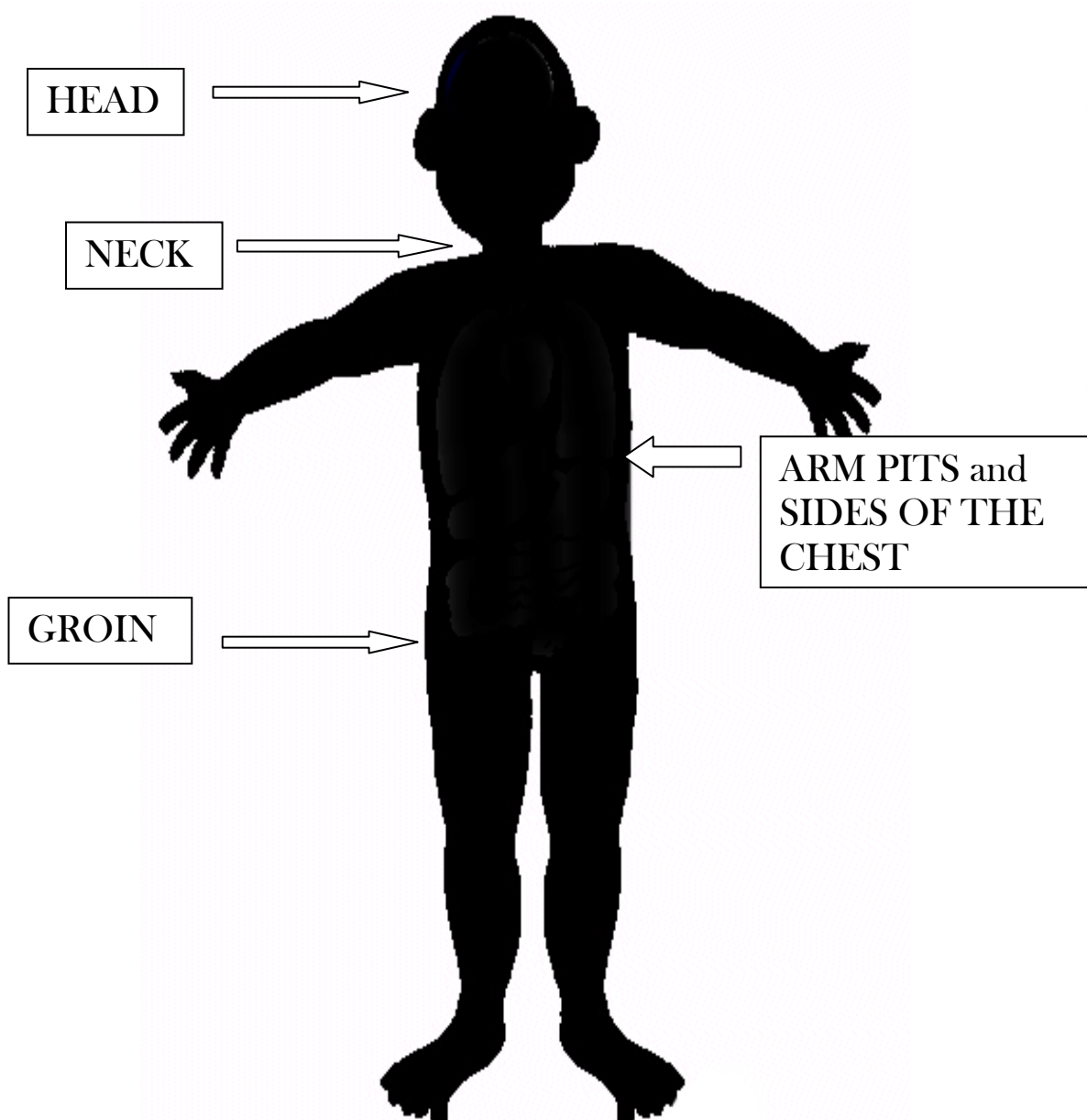
AFT  
COLOURS  
FIRSTDOG  
MIDSHIP  
STILL

BEAM  
COXSWAIN  
FOXTROT  
SHACKLE  
STOW

BOW  
DRAUGHT  
HEADS  
STERN  
WATCHES



# Hypothermia is the Lowering of the Body Core Temperature





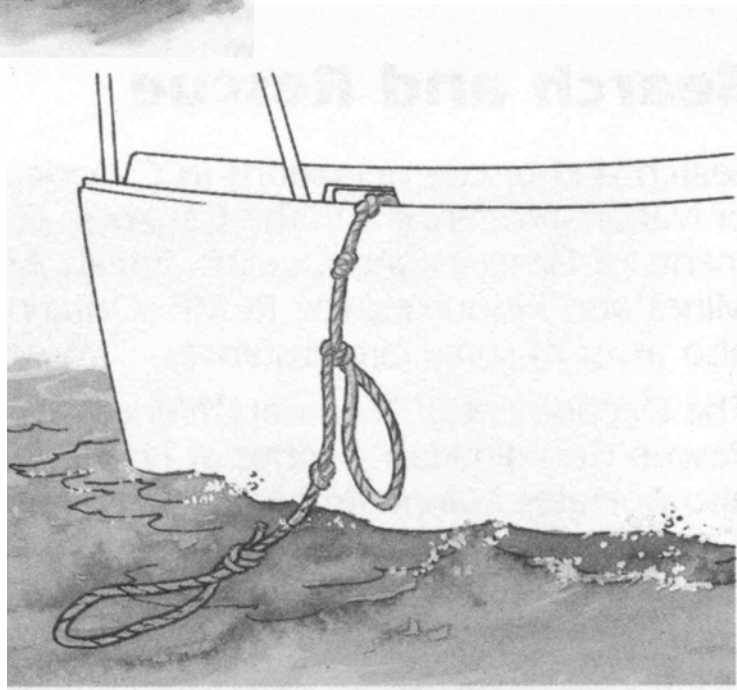
# Helpful positions when immersed in cold water.








# ALTERNATE RECOVERY METHODS (No Ladder)







## CANADIAN CAPACITY PLATE

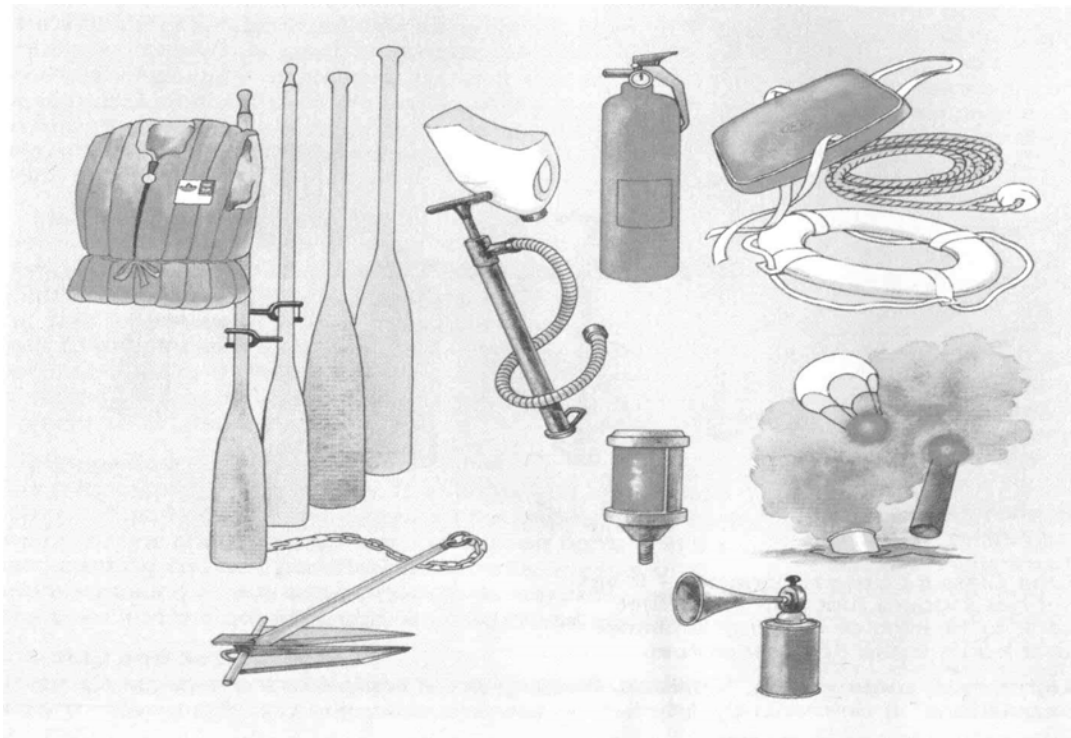
|   |  |
|---|--|
| Garde côtière  Coast Guard<br><b>CAPACITÉ MAXIMUM CAPACITY</b><br>PAR BEAU TEMPS - IN FAIR WEATHER                     |  |
| <b>CHARGE*</b><br>_____ kg<br>_____ lbs   | <b>ADULTES</b><br><div style="font-size: 2em; text-align: center;">3</div> <b>ADULTS</b> |
| <b>LOAD*</b><br>_____ kg<br>_____ lbs   | <b>PUISSANCE</b><br>_____ kW<br>_____ HP<br><b>POWER</b>                                 |
| * PERSONNES MOTEUR ESSENCE GREEMENT - PERSONS MOTOR GAS GEAR<br>CONSTRUCTEUR-BUILDER  |  |
| MODELE-MODEL  |  |
| Le fabricant certifie que ce produit est conforme aux Normes de construction des petits bateaux. The manufacturer certifies that this product complies with the Construction Standards for Small Vessels. |  |



# REQUIRED EQUIPMENT

(for vessels more than 5.5m and up to 8m in length)

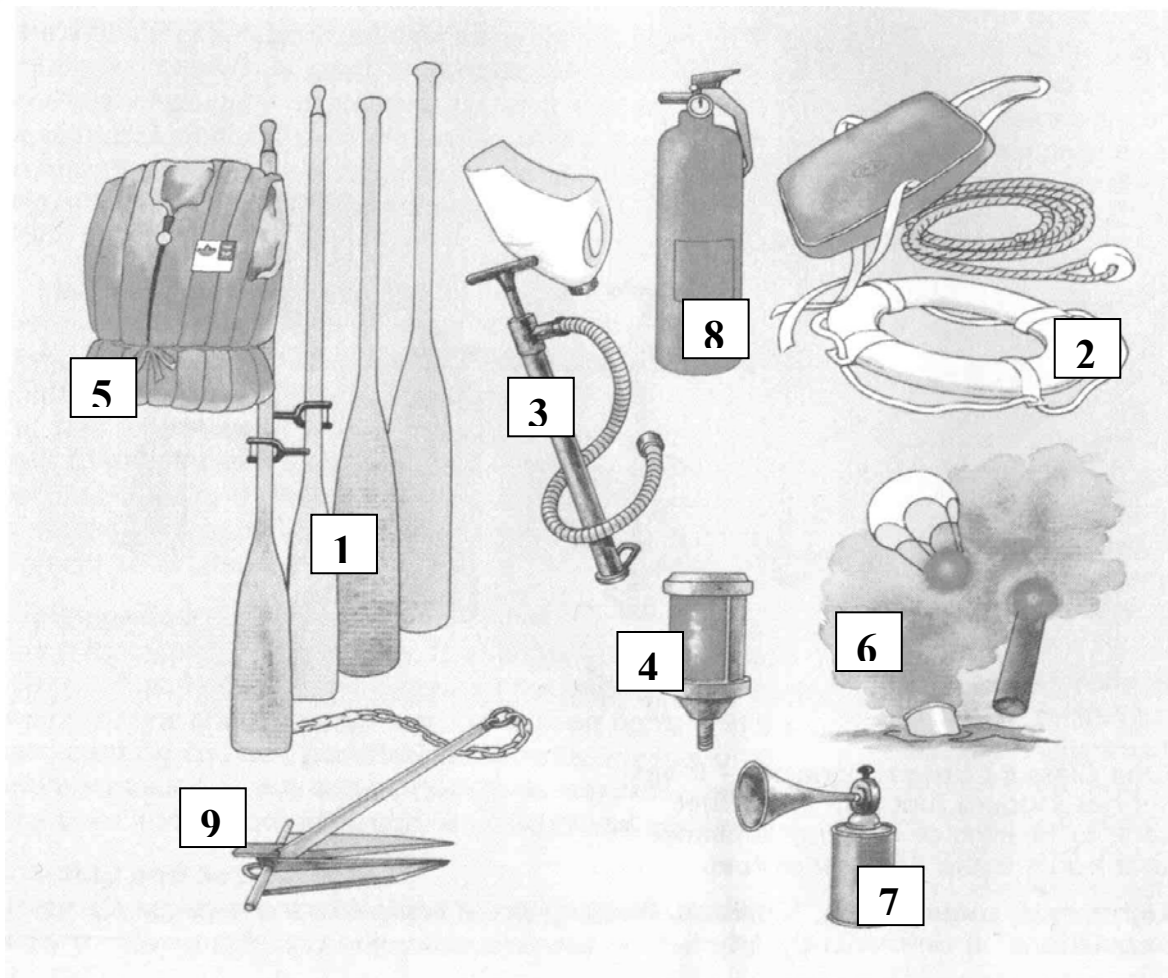
1. One approved lifejacket or PFD for each person on board
2. Two oars with rowlocks or two paddles
3. One anchor with 15m chain (minimum), cable or rope
4. One bailer or one manual pump
5. One Class B-I fire extinguisher if vessel is power driven
6. **proper lighting under "Collision Regulations"**
7. Some type of sound signalling device
8. Approved distress flares if vessel has sleeping accommodations or is more than 1 nautical mile



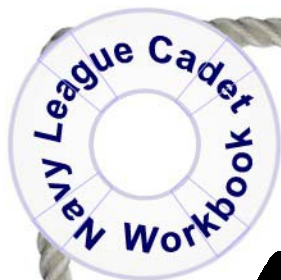




Identify the required equipment onboard a vessel



|    |    |    |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | 6. |
| 7. | 8. | 9. |



## PRE-DEPARTURE CHECKLIST

- ☒ . What is the weather forecast?
- ☒ . Any local hazards or boating restrictions?
- ☒ . Do you have maps or charts?
- ☒ . Are there enough personal flotation devices of appropriate size for everyone on board?
- ☒ . All safety equipment in good working order?
- ☒ . Ample reserves of fuel for the trip or will you need to refuel?
- ☒ . Is your VHF radio working properly?
- ☒ . First aid kit, basic tools and spare parts?
- ☒ . Have you let someone know where you're going, when to expect you back and what your boat looks like?

Note: Photocopy and use this checklist every time you go boating



## SAILING PLAN

Canadian  
Coast Guard

Garde côtière  
canadienne

|                               |                                   |  |            |
|-------------------------------|-----------------------------------|--|------------|
| VESSEL NAME AND NUMBER        |                                   | <input type="checkbox"/> SAIL <input type="checkbox"/> POWER |            |
| NAME AND ADDRESS              |                                   | TELEPHONE  |            |
| VESSEL SIZE AND TYPE          |                                   |  |            |
| COLOUR                        | HULL                              | DECK   | CABIN      |
| TYPE OF ENGINE(S)             |                                   |  |            |
| OTHER DISTINGUISHING FEATURES |                                   |  |            |
| RADIO AND CHANNELS MONITORED  | HF CHANNEL                        | VHF CHANNEL  | CB CHANNEL |
|                               | SKIFF DORY OR SMALL BOAT (COLOUR) |  |            |
| OTHER SAFETY EQUIPMENT        |                                   |  |            |
| FLARES (NUMBER)               | LIFEJACKETS (NUMBER)              | OTHER  |            |

**WHERE TO CALL FOR SEARCH AND RESCUE**  
**CALL COLLECT BY DIALING "0" + THE AREA CODE + THE NUMBER**

| EAST   | CENTRAL   | WEST  |
|--|---|---|
| R.C.C. HALIFAX<br>902-427-8200<br>1-800-565-1582                     | R.C.C. TRENTON<br>613-392-2811<br>(613) 965-3870-3875<br>or 1-800-267-7270                    | R.C.C. VICTORIA<br>IN VANCOUVER<br>604-566-4301/4302  |
| M.R.S.C. ST. JOHN'S<br>709-772-5151<br>OTHER AREAS<br>1-800-563-2444 | M.R.S.C. QUEBEC CITY<br>418-648-3599<br>1-800-463-4393<br>(FOR 1-800 PLEASE<br>DIAL DIRECTLY) | IN VICTORIA<br>604-380-2333<br>OTHER AREAS<br>1-800-742-1313<br>R.C.C. EDMONTON<br>403-973-4402<br>1-800-661-5631 |

POLICE

OTHER

LIST DETAILS FOR EACH TRIP ON REVERSE SIDE

85-0312 (11-82)  
(VERSION FRANÇAISE 85-0313)

| TRIP NO. 1                         |      |                           |      |
|------------------------------------|------|---------------------------|------|
| DATE                               | TIME | NO. ON BOARD              |      |
| LEAVING FROM                       |      | GOING TO                  |      |
| PROPOSED ROUTE AND TIME OF ARRIVAL |      |                           |      |
| RETURNING ON-DATE                  |      | ROUTE AND TIME OF ARRIVAL |      |
| CALL SEARCH AND RESCUE AT          |      | TIME                      | DATE |

| TRIP NO. 2                         |      |                           |      |
|------------------------------------|------|---------------------------|------|
| DATE                               | TIME | NO. ON BOARD              |      |
| LEAVING FROM                       |      | GOING TO                  |      |
| PROPOSED ROUTE AND TIME OF ARRIVAL |      |                           |      |
| RETURNING ON-DATE                  |      | ROUTE AND TIME OF ARRIVAL |      |
| CALL SEARCH AND RESCUE AT          |      | TIME                      | DATE |

| TRIP NO. 3                         |      |                           |      |
|------------------------------------|------|---------------------------|------|
| DATE                               | TIME | NO. ON BOARD              |      |
| LEAVING FROM                       |      | GOING TO                  |      |
| PROPOSED ROUTE AND TIME OF ARRIVAL |      |                           |      |
| RETURNING ON-DATE                  |      | ROUTE AND TIME OF ARRIVAL |      |
| CALL SEARCH AND RESCUE AT          |      | TIME                      | DATE |

| TRIP NO. 4                         |      |                           |      |
|------------------------------------|------|---------------------------|------|
| DATE                               | TIME | NO. ON BOARD              |      |
| LEAVING FROM                       |      | GOING TO                  |      |
| PROPOSED ROUTE AND TIME OF ARRIVAL |      |                           |      |
| RETURNING ON-DATE                  |      | ROUTE AND TIME OF ARRIVAL |      |
| CALL SEARCH AND RESCUE AT          |      | TIME                      | DATE |

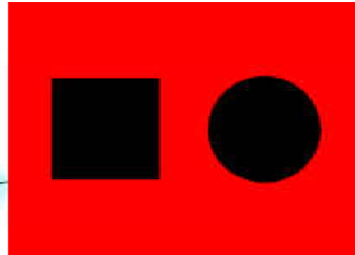
  

| TRIP NO. 5                         |      |                           |      |
|------------------------------------|------|---------------------------|------|
| DATE                               | TIME | NO. ON BOARD              |      |
| LEAVING FROM                       |      | GOING TO                  |      |
| PROPOSED ROUTE AND TIME OF ARRIVAL |      |                           |      |
| RETURNING ON-DATE                  |      | ROUTE AND TIME OF ARRIVAL |      |
| CALL SEARCH AND RESCUE AT          |      | TIME                      | DATE |

NOTIFY THE PERSON HOLDING THIS SAILING PLAN OF ANY CHANGES  
 ESPECIALLY LATE ARRIVAL PLANS



# DISTRESS SIGNALS



1. Distress Cloth

2. Emergency Position  
Indicating Radio beacon  
(EPIRB)



N  
Over  
C



Ball  
Over  
or  
Under  
Square

3. Arm Signal

4. Code Flags



5. Sound Signals



## DISTRESS SIGNALS (cont...)



Parachute  
Rocket



Multi-star  
Rocket



Hand-held



Buoyant Orange  
Smoke

### 6. Flares



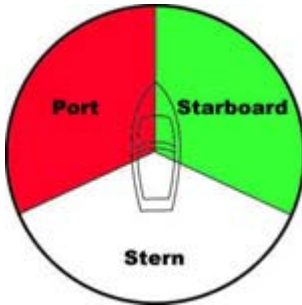
7. Dye Marker



8. Flashlight



## Operating Rules (Right of way)



**Port:** If a power-driven vessel approaches within this sector, maintain your course and speed with caution.

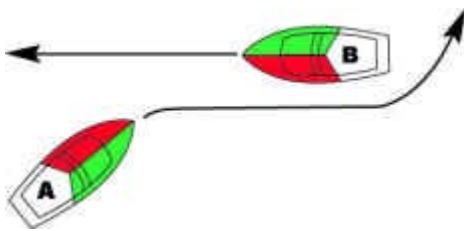
**Starboard:** If any vessel approaches within this sector, keep out of its way (Note: This rule may not always apply if one or both vessels are sailboats.)

**Stern:** If any vessel approaches this sector, maintain your course and speed with caution.

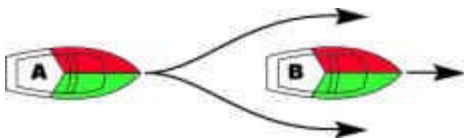


**A** blows one blast and alters course to starboard.

**B** blows one blast and alters course to starboard



**A** keeps clear of and must avoid crossing ahead of **B**.



Any vessel overtaking another must keep clear.

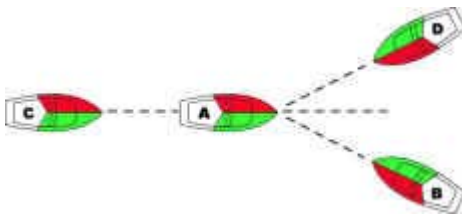




### ***Rules of the road***

The rules of the road are established by the [Collision Regulations](#) and apply to every vessel in all navigable waters - from canoe to supertanker. For information on the Canadian Aids to Navigation System, please visit:

[www.tc.gc.ca/BoatingSafety/sbg-gsn/menu.htm](http://www.tc.gc.ca/BoatingSafety/sbg-gsn/menu.htm)

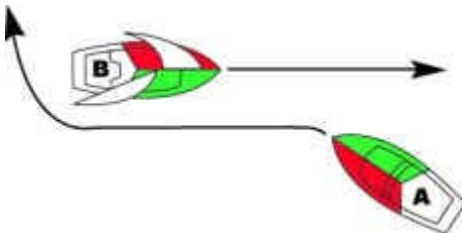


**A keeps clear of B**

**C keeps clear of A and B**

**B keeps clear of D**

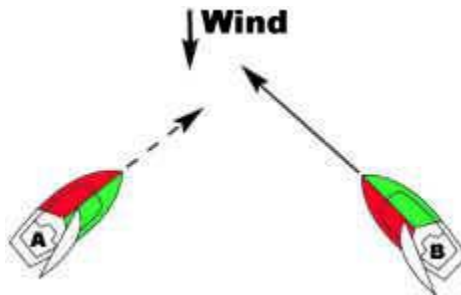
**D keeps clear of A and C**



**A power-driven vessel keeps clear of a sailing vessel.**

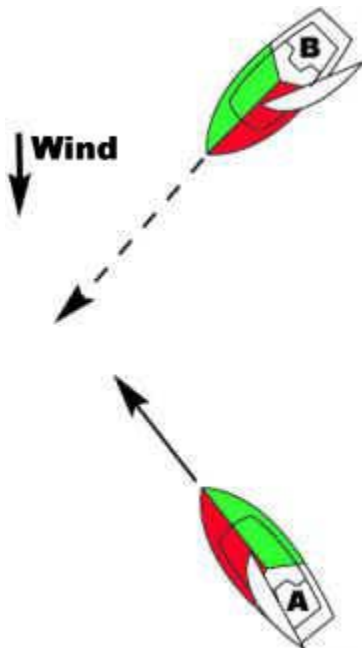


When each sailing vessel has the wind on a different side, the vessel that has the wind on its port (left) side shall keep out of the way of the other. In our illustration, **A** keeps clear of **B**.



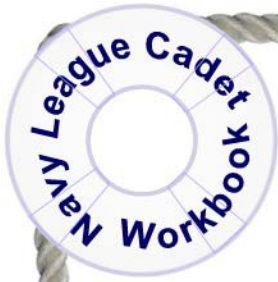
If a sailing vessel has the wind on its port side and the sailor cannot determine with certainty whether the other vessel has the wind on its port or starboard side, the first vessel must keep out of the way of the other.

When both sailing vessels have the wind on the same side, the vessel to windward shall keep out of the way of the vessel to leeward. **B** keeps clear of **A**.



Note: The windward side is defined as the side opposite to that of which the mainsail is carried or, in the case of a square-rigged vessel, the side opposite to that on which the largest for-and-aft sail is carried.





# Boat Work Word Search



|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| H | T | S | A | F | E | T | Y | X | I | N | S |
| Y | E | D | I | S | T | R | E | S | S | N | C |
| P | K | P | H | R | Y | O | Z | A | O | O | S |
| O | C | A | U | A | M | Z | Q | I | A | R | A |
| T | A | D | D | D | N | V | T | S | M | O | I |
| H | J | D | D | I | Q | C | T | Z | Z | H | L |
| E | E | L | L | O | I | G | R | Q | V | C | I |
| R | F | E | E | R | U | M | I | K | N | N | N |
| M | I | U | T | A | S | N | I | S | Z | A | G |
| I | L | S | R | R | E | C | O | V | E | R | Y |
| A | E | D | E | Q | U | I | P | M | E | N | T |
| R | F | L | A | R | E | S | Z | H | E | L | P |

ANCHOR  
EQUIPMENT  
HUDDLE  
PADDLE  
RESTRICTIONS

COASTGUARD  
FLARES  
HYPOTHERMIA  
RADIO  
SAFETY

DISTRESS  
HELP  
LIFEJACKET  
RECOVERY  
SAILING



## LEADERSHIP STYLE SUMMARY

| STYLE     | Advantages   | Disadvantages   |
|-----------|--|---|
| Boss      | <ul style="list-style-type: none"><li>• More control over group</li><li>• Easy to control a larger group</li><li>• Saves time</li><li>• Orders travel quickly</li></ul>                        | <ul style="list-style-type: none"><li>• No leadership development</li><li>• No input from followers</li><li>• Commanding rather than leading</li><li>• No exchange of ideas</li></ul> |
| Educator  | <ul style="list-style-type: none"><li>• Leader sets an example for group to follow</li><li>• Leader guides and assists by answering questions</li><li>• Follower skills are improved</li></ul> | <ul style="list-style-type: none"><li>• Requires more time</li><li>• Only works with smaller groups</li><li>• May involve plenty of new information for group to learn</li></ul>      |
| Persuader | <ul style="list-style-type: none"><li>• Develop trust with followers</li><li>• Easy to motivate</li><li>• Two - way communication</li></ul>  | <ul style="list-style-type: none"><li>• Requires much time</li><li>• Risk being too "friendly"</li><li>• Only works with smaller groups</li></ul>                                     |





# 10 PRINCIPLES OF LEADERSHIP

1

Always set a good example

2

Know your cadets and look after their welfare

3

Develop the leadership potential of your cadets

4

Make sound and timely decisions

5

Train your cadets to work as a team

6

Explain your ideas and thoughts clearly

7

Keep cadets informed of all activities and any changes

8

Lend a hand

9

Know your strengths and weaknesses

10

Treat others as you would like to be treated

# LEADERSHIP CHARACTERISTICS

Determination

Sense of  
Responsibility

Honesty

Confidence

Courage

Loyalty

Patience

Decisiveness

Lord Nelson

Enthusiasm

Dependability





# Leadership Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| P | S | T | R | E | N | G | T | H | S | E | E |
| M | R | S | S | Y | T | L | A | Y | O | L | R |
| C | O | I | R | N | R | I | A | F | S | E | A |
| R | V | T | N | E | O | S | D | P | T | Z | F |
| E | E | Z | I | C | D | I | F | T | Y | P | L |
| X | G | D | J | V | I | R | S | X | L | T | E |
| A | D | D | A | N | A | P | O | I | E | H | W |
| M | W | C | W | U | N | T | L | W | C | E | R |
| P | S | S | O | B | S | M | E | E | E | E | A |
| L | T | R | U | S | T | R | F | Z | S | N | D |
| E | Q | Q | F | R | V | I | E | N | A | M | N |
| R | O | T | A | C | U | D | E | P | S | G | P |

BOSS  
EXAMPLE  
MOTIVATE  
PRINCIPLES  
TRUST

DECISIONS  
FAIR  
ORDERS  
STRENGTHS  
WELFARE

EDUCATOR  
LOYALTY  
PERSUADER  
STYLE



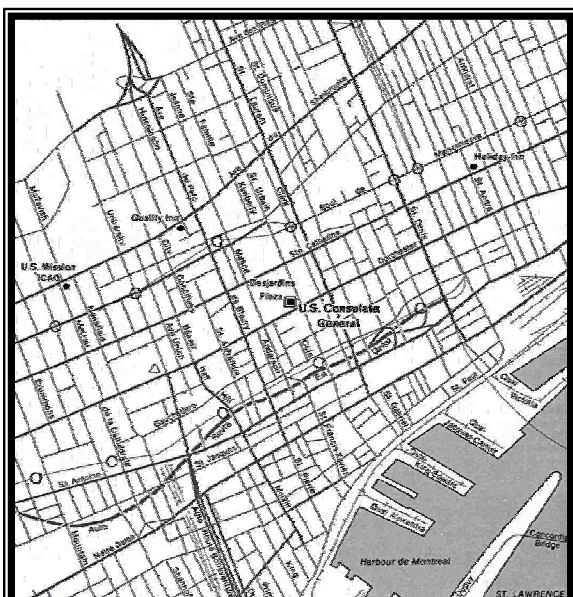
# TYPES OF MAPS



The Topographical Map



The Road Map


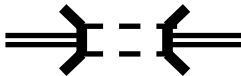

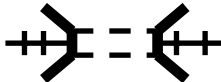













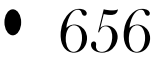




The Street Map



The Air Photo Map

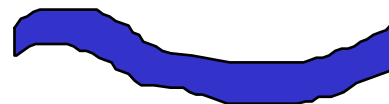
# MAP SYMBOLS

|   |  |
|---|--|
|    |   |
| Paved Road with 2 lanes (red line)  | Road Tunnel  |
|    |   |
| Paved Road - less than 2 lanes (red line)   | Railway Tunnel   |
|    |    |
| Road - Dirt Surface (black)   | Single Track Railroad  |
|    |    |
| Bridge  | Large River (blue)   |
|  |    |
| Small River or Stream (blue)  | Small River or Stream (blue)   |
|  |    |
| Concrete Bridge   | House Church School  |
|  |    |
| Telephone Lines   | Dam  |
|  |   |
| Electrical Power Lines  | Spot Height  |
|  |    |
| Reservoir   | Contour Lines  |



## Match the map symbol with its picture

Electrical Power Lines



Telephone Lines



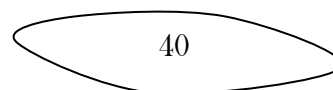
Contour Lines



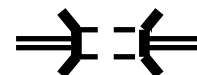
School



Large River



Road Tunnel



Bridge

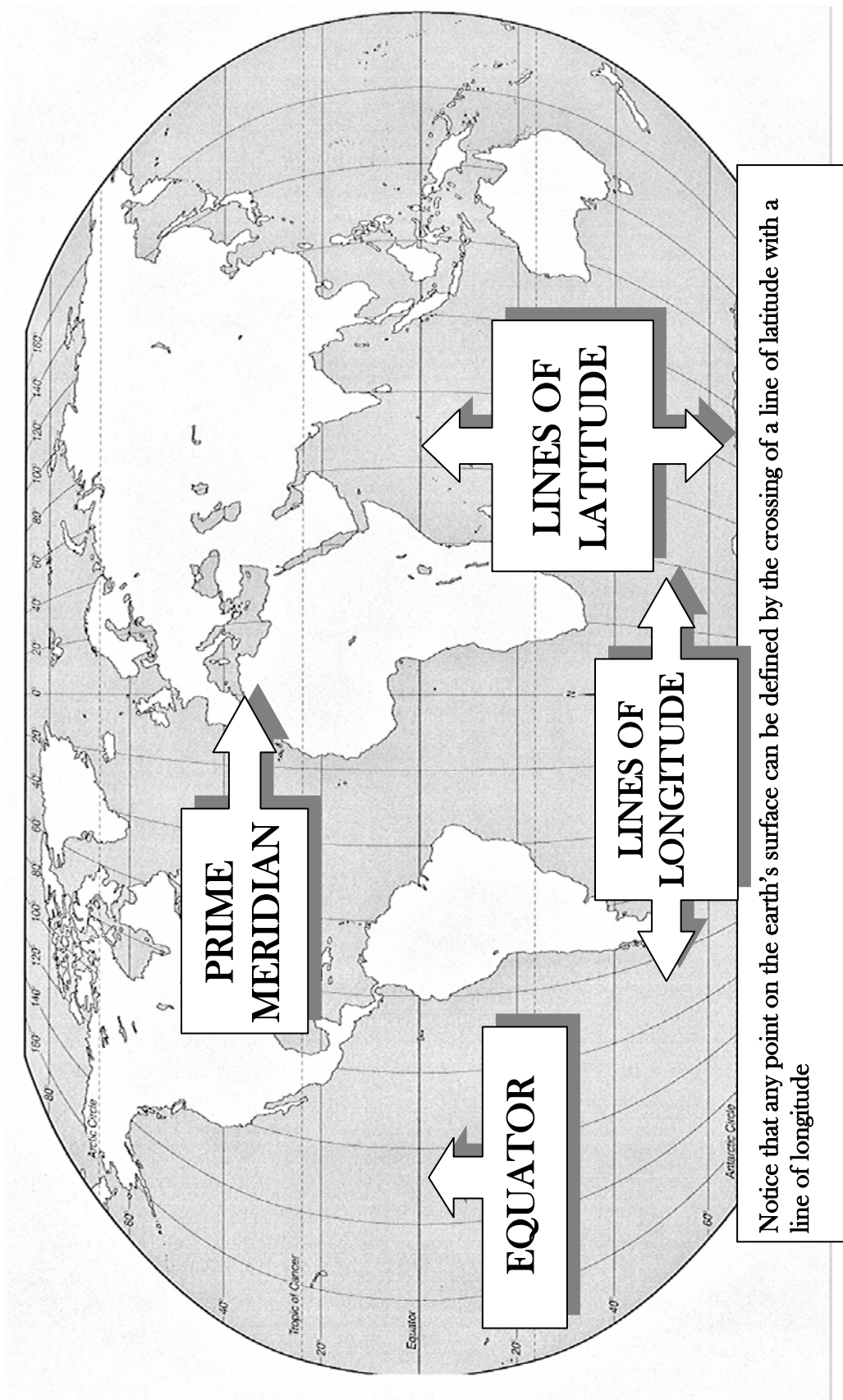


Single Track Railroad

TTTTT

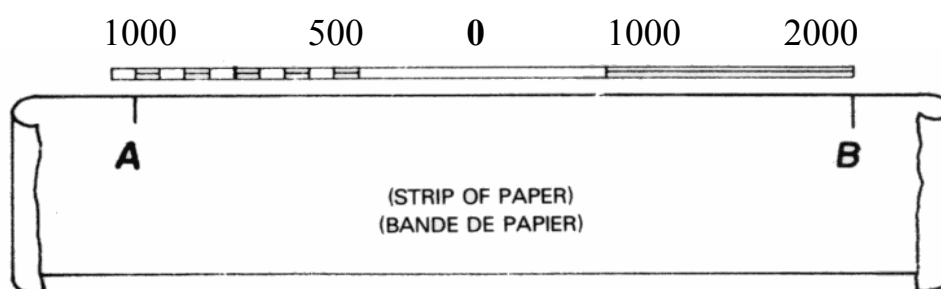
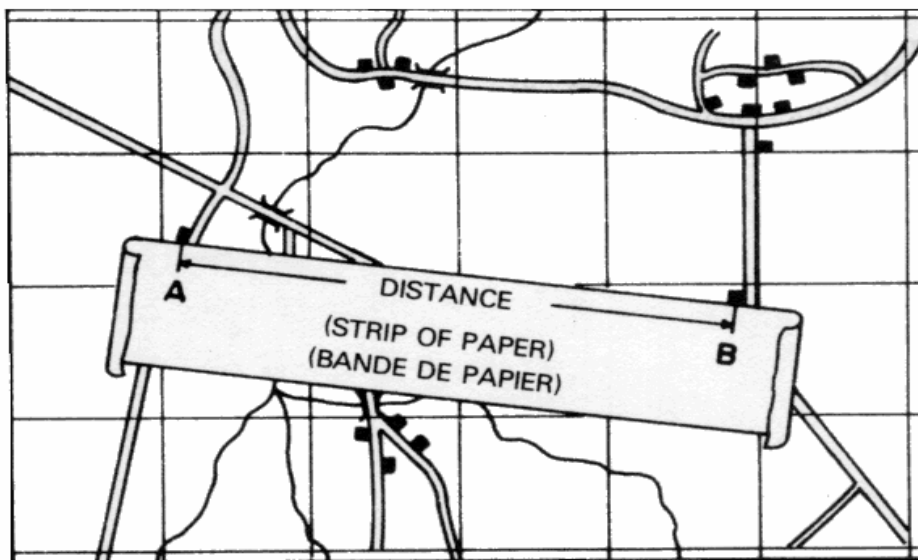
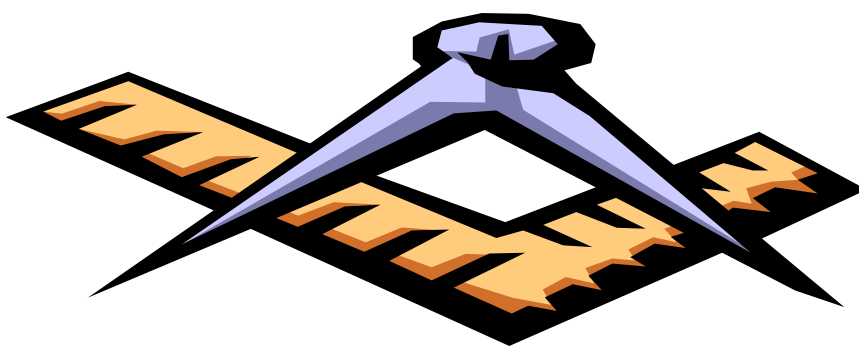


# The Earth's Grid





# MEASURING DISTANCE POINT-TO-POINT





# Orientation Word search

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| E | D | A | O | R | L | I | A | R | E | E | N |
| X | D | U | S | R | P | E | W | B | D | Q | U |
| S | K | U | I | T | G | I | C | L | U | U | R |
| Y | C | V | T | D | R | O | J | Q | T | A | L |
| T | E | H | I | I | N | E | Q | U | I | T | O |
| R | T | R | O | T | G | R | E | U | T | O | V |
| X | B | U | O | O | M | N | I | T | A | R | U |
| U | E | U | N | E | L | A | O | A | L | J | B |
| L | R | G | T | N | J | P | D | L | B | T | L |
| S | P | A | M | H | E | D | A | O | R | M | D |
| J | J | V | U | X | T | L | B | C | Z | N | W |
| V | W | E | K | W | Y | I | T | Q | N | L | I |

AIR  
DAM  
LONGITUDE  
RIVER  
STREET

BRIDGE  
EQUATOR  
MAPS  
ROAD  
TUNNEL

CONTOUR  
LATITUDE  
RAILROAD  
SCHOOL

# CADET TRAINING SUBJECTS



Aeronautical Facilities

Aircraft Identification

Effective Speaking

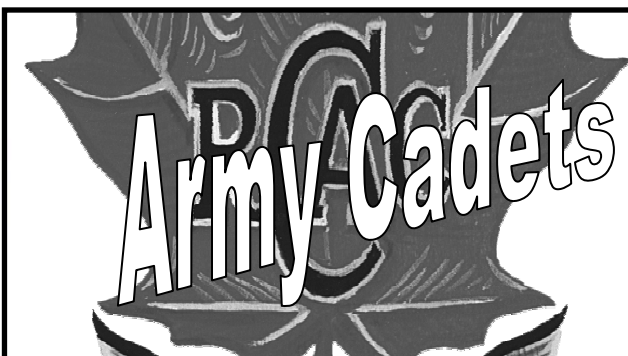
Meteorology

Principles of Flight

Propulsion

Airframe Structure

Navigation



Field craft

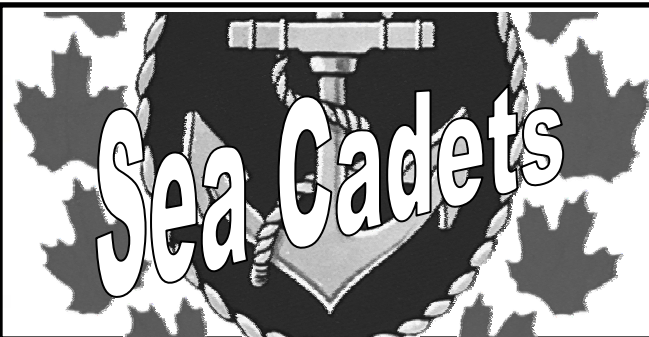
Map and Compass

Marksmanship

Public Speaking

Range Duties

Sensible Living



Naval Knowledge

Sailing

Seamanship

Marksmanship

VHF Radio

Pleasure Craft  
Operator Certification

Music

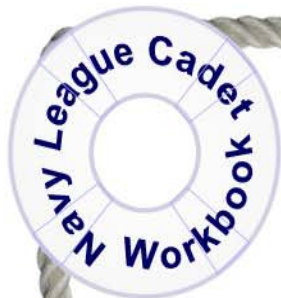
Cadets receive training in the following areas:  
Serving in a Cadet Corps, Canadian Citizenship,  
Instructional Technique, Leadership, Range training,  
Physical fitness, Outdoor adventure training and Ceremonial Drill.  
For further information please visit: [www.cadets.ca](http://www.cadets.ca)



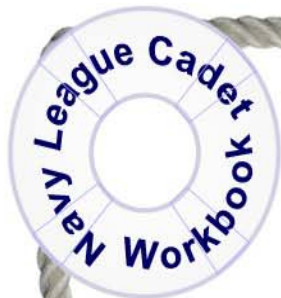
## AIR CADET SUMMER TRAINING

| Year 1<br>(Familiarization Courses)             | Year 3<br>(Advanced Specialty)                   |
|---|--|
| Basic Air Cadet                                 | Music Level 4-5                                  |
| Basic Musician                                  | Instructor Course                                |
| Pipe Band Level 1                               | Survival Instructor                              |
| Year 2<br>(Introductory Specialty)              | Service Band                                     |
| Music Level 2-3                                 | Glider Scholarship                               |
| Aircrew Survival                                | Athletic Instructor                              |
| Introduction to Leadership                      | Space Course                                     |
| Introduction Phys Ed &<br>Recreational Training | Power Flying Scholarship                         |
| Introduction to Aviation                        | Pipe Band Level 4-5                              |
| Pipe Band Level 2-3                             | Air Traffic Control                              |
|   | Advanced Leadership Courses                      |
| Exchanges                                       |  |
| Australia<br>Belgium<br>France<br>Hong Kong     | Japan<br>Netherlands<br>Philippines<br>Singapore |
|   | Sweden<br>Turkey<br>United Kingdom<br>USA        |





| ARMY CADET SUMMER TRAINING                        |  |   |                          |
|---|--|---|--------------------------|
| 1 <sup>st</sup> Year<br>(Familiarization Courses) | 2 <sup>nd</sup> Year<br>(NCO Qualifying Courses) | 3 <sup>rd</sup> Year<br>(WO Qualifying Courses)         | Advanced Training        |
| Basic Training<br>(2 weeks)                       | Cadet Leader Course<br>(6 weeks)                 | Drill & Ceremonial Instructor<br>(6 weeks)              | National Shooting Team   |
| Basic Marksman<br>(3 weeks)                       | Band Leader Course<br>(6 weeks)                  | Adventure Instructor<br>(6 weeks)                       | Parachutist Course       |
| Basic Band<br>(3 weeks)                           | Marksman Leader Course<br>(6 weeks)              | Rifle Coach<br>(6 weeks)                                | Leadership and Challenge |
| Basic Pipes & Drums<br>(3 weeks)                  | Pipes & Drums Leader Course<br>(6 weeks)         | Storesman Course<br>(6 weeks)                           | Advanced Pipes & Drums   |
|   |  | Phys Ed & Recreational Training Instructor<br>(6 weeks) | Advanced Band            |
|   |  | Band Instructor<br>(6 weeks)                            |                          |
|   |  | Pipes & Drums Instructor<br>(6 weeks)                   |                          |
| Exchanges   |  |   |                          |
| England   | Italy  | Sweden  |                          |
| Germany   | Norway   | United Kingdom  |                          |
| Finland   | Scotland   | Wales   |                          |



| SEA CADET SUMMER TRAINING              |   |  |
|--|---|--|
| Year 1                                 | Year 2, 3, 4  | Specialty  |
| General Training<br>(2 weeks)          | <div>Boatswain</div> <div>Gunnery</div> <div>Music</div> <div>Sailing</div> <div>Three years in the same trade:<br/>2<sup>nd</sup> Year - 3 weeks<br/>3<sup>rd</sup> Year - 6 weeks<br/>4<sup>th</sup> Year - 6 weeks</div> | <div>Advanced Racing</div> <div>Sail Instructor</div> <div>Cookery</div> <div>Medical Assistant</div> <div>Shipwright</div> <div>Marine Engineering</div> <div>(all 6 weeks)</div> |
| Exchanges                              |   |  |
| Australia<br>Bermuda<br>India<br>Japan | Korea<br>Netherlands<br>Singapore<br>Sweden   | United Kingdom<br>USA  |

