

Citizenship Trip – March 2020



243 Ogoopogo Royal Canadian Air Cadets Squadron (RCACS)

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17 February 2020

CITIZENSHIP TRIP – COLD LAKE – PARENT INFORMATION PACKAGE

During the second week of Spring Break (March 21-26, 2020) 243 Ogoopogo Squadron will be going on an educational trip to the Canadian Forces Base (CFB) at Cold Lake, Alberta; as well as a visit to CFB Edmonton. The aim of the trip is to give Cadets unique opportunities to explore aviation and familiarize them with our Air Force. We have some amazing experiences lined up and this trip is available to all Cadets in good standing.

At this point, you and your Cadet will have confirmed their attendance by signing the trip attendance form sent out in November 2019 and paid the \$115 fee for the trip.

1. How will we be travelling?

We will be renting the Westside Warriors bus and driver for our trip. The bus is a coach style with a washroom, wifi and tvs on board.

2. What will we eat?

A variety of meals will be provided along the way - some will be sit down dinners at places like Old Spaghetti Factory or the mess hall at the Canadian Forces Base and some will be meals on route like Subway or Tim Hortons. We will provide 3 meals per day and will provide snacks where available at no extra cost. Cadets may choose to bring some small snacks for the bus but please **do not pack nuts or seeds**, as we have some members with severe allergies.

3. Where will we sleep?

Throughout the trip we will have the opportunity to sleep at Canadian Forces Bases accommodations. These places have beds (no linen), rooms (4 per room), and showers for us to use so. The only exception is the first evening where we will sleep in a military armouries. No beds are provided and Cadets/staff will be sleeping on the ground (open gymnasium style). Cadets will need to bring a sleeping bag, and pillow. A sleeping mat ('foamie') will be provided.

4. What about hygiene?

There will be bathrooms available everywhere we stay where cadets can wash up and use the facilities (shower as well!). Adult staff will be strictly enforcing good hygiene habits throughout the trip, so don't forget hygiene essentials like a toothbrush and deodorant!

5. What should my Cadet pack?

See the attached permission form and kit list. We have limited space on the bus so please do not go overboard packing everything you own. **Be aware that theft or damage to property is the responsibility of the Cadet so if you intend to pack valuable items it is at your own risk.**

6. How do I contact my Cadet?

The adult staff will have their phones with them throughout the trip and if your cadet brings a cell phone you can contact them directly. In an emergency, please call the Duty Officer number - 778-771-2771 or contact Capt Nobakht directly at 250-212-6517. **Please reserve contact with staff for emergencies.** Ensuring regular communication with 50+ parents throughout the trip will be too challenging to accommodate. However, if you'd like to see what we're up to along the way please feel free to follow our social media – #243CitTrip2020

[Facebook.com/243air](https://www.facebook.com/243air)

[Instagram.com/243aircadets](https://www.instagram.com/243aircadets)

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TRIP SCHEDULE ***This is the booked schedule but due to unforeseen circumstances the schedule may change.

SATURDAY, 21 MARCH

06:30 Cadets arrive at East Kelowna Hall (2704 East Kelowna Road)

06:45 Bus leaves Kelowna

We will drive from Kelowna to Edmonton to sleep over at the Jefferson Armoury. We will be stopping over at Lake Louise for lunch and sightseeing.

SUNDAY, 22 MARCH

We will make our way to CFB Cold Lake in the morning, in time for lunch. We will be partaking in local activities in Cold Lake (swimming) along with a tour of the CFB Cold Lake Officers Mess, where Cadets can learn about some Air Force Traditions (Crud) and history. Cadets will be able to have down time in the evening to work on their uniforms and call home.

MONDAY, 23 MARCH

We will spend the day touring CFB Cold Lake.

TUESDAY, 24 MARCH

In the morning, we will continue to tour CFB Cold Lake. After lunch, we will head to Edmonton and sleep over at CFB Edmonton. We are hoping to connect with the local Air Cadet Squadron for an evening activity.

WEDNESDAY, 25 MARCH

We will be touring CFB Edmonton until midafternoon, then we will be heading to West Edmonton Mall in the evening for dinner at the Old Spaghetti Factory and a chance for the Cadets to visit the mall for some shopping and sightseeing.

THURSDAY, 26 MARCH

We will leave CFB Edmonton at 07:00 to come home to Kelowna.

18:00 Arrive at East Kelowna Hall (2704 East Kelowna Road)**

** Cadets will have a chance to call home as we get closer to Kelowna.

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**243 OGOPOGO SQUADRON
ROYAL CANADIAN AIR CADETS
PERMISSION SLIP: CITIZENSHIP TRIP 2020**

I, the undersigned Parent/Guardian of:

RANK: _____ CADET FULL NAME: _____ BC MEDICAL #: _____

hereby grant permission for him/her to attend the training. I further grant permission for any emergency medical or dental treatment deemed necessary by the squadron officers.

PARENT/GUARDIAN: _____
<Full Name> <Signature> <Date>

EMERGENCY CONTACT: _____
<Contact name> <Emergency Number> <Relationship>

RESTRICTIONS: _____
<Allergies> <Dietary Restrictions>

Medical Information

Prescription and over the counter medication are to be in original packaging and written instruction of use and put into a ziplock bag with cadets name. ALL medications are to be given to the event First Aid Officer.

***Inhalers and EpiPens should be kept on their person.

From time to time, your son / daughter may require pain medication due to unforeseen circumstances. **Please INITIAL** in the boxes below if you **AGREE or DISAGREE** for your child to receive the listed medications.

			<i>FIRST AID OFFICER USE ONLY</i>			<i>FIRST AID OFFICER USE ONLY</i>		
MEDICATION	AGREE	DISAGREE	DATE & TIME	DOSAGE	OFFICER SIGNATURE	DATE & TIME	DOSAGE	OFFICER SIGNATURE
ACETAMINOPHEN (Tylenol)								
IBUPROFEN (Advil)								
DIMENHYDRINATE (Gravol)								
Prescription Name:								
NOTES: (DOSAGE, WHEN TO TAKE, ADDITIONAL INFO)								
Prescription Name:								
NOTES: (DOSAGE, WHEN TO TAKE, ADDITIONAL INFO)								
Prescription Name:								
NOTES: (DOSAGE, WHEN TO TAKE, ADDITIONAL INFO)								

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243 OGOPOGO SQUADRON
ROYAL CANADIAN AIR CADETS
CODE OF CONDUCT: CITIZENSHIP TRIP 2020

I Cadet _____ promise to carry out my duties to the best of my ability, and I will conform to the following rules:

1. Respect the people around me, my environment, and the belongings of others; including equipment on loan from the Department of National Defence, my unit, or unit Sponsors.
2. Not to purchase, sell, consume and/or distribute alcohol, narcotics, prohibited substances, drug related paraphernalia, pornographic material, not to take part in illegal gambling activities; and not to purchase, sell or distribute tobacco products.
3. Not bring weapons, or imitations of weapons to cadet parades, or training activities.
4. Not to consume prescription and/or non-prescription medications not specifically prescribed to me for a current health condition.
5. Not to commit theft nor to borrow the belongings of others without having been authorized to do so by the owners of the belongings in question and not to sell, barter, or steal any items belonging to the Department of National Defence or the government, Cadet League, or Sponsor.
6. Not to enter the accommodations of the opposite sex unless required by duty to be there. To conduct myself towards others following the values and regulations of the Cadet Harassment and Abuse Prevention Program, including: not fighting with, shouting at, or bullying anyone. I agree that any kind of fraternization or sexual activity shall not be tolerated during any cadet activity.
7. To be loyal, honest, fair, diligent, courageous, and accept responsibility.
8. To respect rules and regulations, and report to my supervisors any breach of the rules of which I may become aware. To obey proper orders, directives, and instructions issued by persons in a position of authority.
9. Conform to the approved cadet dress regulations.
10. I agree that when/if using information technologies, including cellular telephones, internet, Facebook, Instagram, Snapchat, YouTube, and all other such applications I shall do so in a responsible manner and will not engage in any activity that may bring the cadet movement, DND, the Cadet Leagues, or any individual associated with the cadet movement into disrepute.
11. To do nothing that might endanger the safety of other persons.

I understand these rules apply when engaged in authorized cadet activities in or out of uniform.

I acknowledge that a breach of one or more of the foregoing rules may result in administrative measures including release from my Cadet Unit or Training Centre **in accordance with Cadet Administrative and Training Order (CATO) 15-22.**

I, _____, agree to obey these rules of conduct while enrolled as a cadet in 243 Ogopogo Royal Canadian Air Cadet Squadron.

If a cadet is sent home during the trip for disciplinary reasons, it will be the parent's/guardian's responsibility to pay for their immediate travel home.

**243 OGOPOGO SQUADRON
ROYAL CANADIAN AIR CADETS
KIT LIST: CITIZENSHIP TRIP 2020**

CADETS ARE ALLOWED TO PACK MAXIMUM ONE SUITCASE OR DUFFLE AND ONE CARRY-ON BAG - WE HAVE LIMITED ROOM ON THE BUS FOR KIT

No garbage bags for carrying items.

UNIFORM:

- Wedge
- Tunic
- Tie
- Shirt
- Pants
- Belt
- Boots
- Neutral socks
- Polish Kit (kiwi recommended)
- Cadet Toque
- Cadet Parka
- Gloves

CLOTHING:

- 6 x Shirts
- 3 x Pants
- 8 x Socks
- 8 x Underwear
- 1 x Shoes
- 1 x Sweater
- 1 x Winter Jacket
- 2 x Pajamas
- 1 x Bathing Suit
- 1 x Sandals

IT IS YOUR RESPONSIBILITY TO ENSURE YOU HAVE ALL APPROPRIATE UNIFORM PARTS PRIOR TO THE TRIP

SLEEP GEAR:

- Pillow + Pillowcase
- Sleeping Bag
- Sleeping Mat (**will be provided**)

OTHER:

- Water Bottle
- Provincial Health Card
- Signed Permission Slip (*handed in*)

HYGIENE:

- Towel
- Toothbrush & Toothpaste
- Soap, Shampoo, Conditioner
- Washcloth
- Deodorant
- Shaving kit (*as required*)

OPTIONAL:

- Spending money (Canex, West Edmonton Mall)
- Book / Entertainment for the bus
- Medication (as needed – see permission slip)

Prohibited Items Include - Weapons, Pornographic material, or Drugs/Alcohol.

All kit will be inspected before cadets get on the bus. If a cadet is found to be unprepared or have prohibited items they will not participate in the trip and will be returned home.

If a cadet is sent home during the trip for disciplinary reasons, it will be the parent's/guardian's responsibility to pay for their immediate travel home.