



BASIC INFORMATION FOR NEW RECRUITS

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TRAINING NIGHTS

WEDNESDAYS
SEPTEMBER – JUNE

TRAINING NIGHT TIMINGS

| EVENT | TIME (PM) |
|----------------|-------------|
| FORM UP | 6:00 – 6:15 |
| OPENING PARADE | 6:15 – 6:45 |
| PERIOD 1 | 6:45 – 7:15 |
| REST | 7:15 – 7:20 |
| PERIOD 2 | 7:20 – 7:50 |
| BREAK | 7:50 – 8:05 |
| PERIOD 3 | 8:05 – 8:35 |
| CLOSING PARADE | 8:35 – 9:00 |
| CLEAN UP | 9:00 – 9:15 |

CADET RANK STRUCTURE

| INSIGNIA | RANK NAME |
|----------|---|
| NONE | Air Cadet (AC) |
| | Leading Air Cadet (LAC) |
| | Corporal (Cpl) |
| | Flight Corporal (FCpl) |
| | Sergeant (Sgt) *SENIOR CADET* |
| | Flight Sergeant (FSgt) *SENIOR CADET* |
| | Warrant Officer Second Class (WO2) *SENIOR CADET* |
| | Warrant Officer First Class (WO1) *SENIOR CADET* |

APPROACHING A SENIOR

1. COME TO, AND REMAIN AT, ATTENTION
2. USE RANK AND NAME (SIR/MA'AM IF WO) WHEN SPEAKING
3. WHEN DONE, TAKE ONE PACE BACK, TURN RIGHT

CIC OFFICER RANK STRUCTURE

| INSIGNIA | RANK NAME |
|----------|--|
| | Officer Cadet (OCdt) *DO NOT SALUTE* |
| | Second Lieutenant (2Lt) |
| | Lieutenant (Lt) |
| | Captain (Capt) |
| | Major (Maj) |
| | Lieutenant Colonel (LCol) |

APPROACHING AN OFFICER

1. COME TO ATTENTION
2. SALUTE (OFFICER DROPS FIRST)
3. REMAIN AT ATTENTION
4. USE SIR/MA'AM (OR RANK AND NAME) WHEN SPEAKING
5. TAKE ONE PACE BACK WHEN DONE
6. SALUTE AND TURN RIGHT

MARCHING CADENCES

SLOW TIME – 60 PACES / MIN
QUICK TIME – 120 PACES / MIN
DOUBLE TIME – 180 PACES / MIN

ATTENTION POSITION CHECKLIST

LOOK STRAIGHT TO THE FRONT,
CHIN UP,
SHOULDERS UP-BACK-DOWN,
ARMS STRAIGHT AND TIGHT,
HANDS IN TIGHT FISTS,
THUMBS OVER “DOUGHNUT HOLES”,
HEELS TOGETHER,
TOES APART.

UNIFORM CHECKLIST

WEDGE (NO LINT, CENTRED),
DRESS SHIRT (IRONED),
TUNIC (BADGES, NO LINT),
PANTS (IRONED, BELT CENTRED),
BOOTS (POLISHED, LACES),
SOCKS (WOOL),
BUTTONS, NAMETAG, SLIP-ONS,
HAIR, FACIAL HAIR, JEWELLERY.

STANDARDS CHECKLIST

DRILL, DRESS, DEPARTMENT

CADET PROGRAM MOTTO

TO LEARN - TO SERVE - TO ADVANCE