

FOR SECURITY PURPOSES - DO NOT POST ON SOCIAL MEDIA OR PUBLIC WEBSITES

Joining Instructions



Alternative Delivery Model

“Cruise Into Spring”

with

the RCSU Central

CAP@Home Challenge

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INTRODUCTION

1. In light of the continued COVID-19 pandemic, the anticipated 2021 Spring Cadet Activity Program (CAP), will not be able to be conducted in person. In response, RCSU Central has put together a program for our cadets to participate utilizing an alternative delivery model.
2. As such, RCSU Central is proud to present the “Cruise Into Spring - CAP@Home Challenge”. The intent is to provide some fun, meaningful activities for cadets to participate in during the Spring Break. The activities that we have put together are mostly done at your own pace. You can participate in all of it, or pick and choose which activities is right for you. You can either follow our recommended schedule, or pick and choose the activities you want to do, on your schedule.
3. Cadets will be participate in new daily challenges. They will record their participation, using the “CAP@Home Passport”. The more they participate, the more points they receive. Bonus points are given for posting their challenge adventures on various social media platforms.
4. Activities include:
 - a. Daily “@Home Morning Show” videos produced by Cadet Correspondents;
 - b. Area Level morning briefings /social (via WebEx);
 - c. Morning workout sessions produced by Cadet Fitness and Sports Instructors;
 - d. Live guest speakers;
 - e. Pre-recorded videos (Ted Talks, etc);
 - f. Virtual (self-guided) tours; and
 - g. Daily Challenges.
5. Each day has a different theme, relevant to the aims of the Canadian Cadet Organization:
 - a. Day 1: Canadian Armed Forces (CAF) Familiarization
 - b. Day 2: Citizenship
 - c. Day 3: Outdoor Adventure
 - d. Day 4: Healthy Living
 - e. Day 5: Mental Health Awareness
6. There is no registration for participating and it is open to all cadets of Central Region (Ontario). You simply participate in the activities that you are interested (whether that’s all them, or just some).
7. We hope that you will join us on these adventures. If you have any questions, please contact your Corps/Squadron staff, who will be able to assist.

MORNING BRIEFINGS

8. Every morning will start off with a daily briefing. You can receive these briefings live (via WebEx at 0900hrs), by pre-recorded video by Cadet Correspondents (CAP@Home – Morning Show) or by downloading and reading the daily planner. Or, you can do all three, it’s up to you!

9. If you do not have (reliable) internet connect, and/or prefer to call in, you can do so by calling 1-855-288-0982 and use the access code below. The morning briefing links are as follows:

Area	Web Ex Link	Access Code	Password
Northern Ontario Area	https://canada.webex.com/canada/j.php?MTID=m499921b571d62929c3eaa8538fa46db1	129 641 6160#	capNOA1#
Southwestern Ontario Area	https://canada.webex.com/canada/j.php?MTID=m31e7e0f3e2ef36c1410e314bfd5f34d2	179 735 4054#	capSWOA1#
Niagara and Greater Toronto Area	https://canada.webex.com/canada/j.php?MTID=m2dede3702811d6c96d52da54caef01eb	129 119 1887#	NcGaTpA1#
Central Ontario Area	https://canada.webex.com/canada/j.php?MTID=m6e7f13ab460ae929e6aec11dffe433e7	179 338 3138#	cap\$COA1#
Southeastern Ontario Area	https://canada.webex.com/canada/j.php?MTID=m43d80c3b93d483732092d3df4d530767	179 429 3865#	capSEOA1#
Ottawa and St Lawrence Area	https://canada.webex.com/canada/j.php?MTID=me56bd8716f3aec7b9f6c6ed56efc22cb	129 032 7602	OcSaLpA#1

ASSISTANCE / ACCESS TO STAFF

10. CAP Staff are available if you require any assistance at any time during the week (between the hours of 0800-1600hrs).

11. Connect via Web Ex:

Web Ex Link	Access Code	Password
https://canada.webex.com/canada/j.php?MTID=m31e7e0f3e2ef36c1410e314bfd5f34d2	179 735 4054#	capSWOA1#

12. Connect via Telephone:

Phone Number	Access Code
1-855-288-0982	179 735 4054#

OVERVIEW

13. Each day of the week features a different theme:

a. Day 1: Canadian Army Forces (CAF) Familiarization:

Daily Workout	Boot camp
Cadet Correspondent Interview	Col Mark Lachapelle & CWO Debbie Martens 22 Wing Commander and Chief Warrant Officer
Recorded Speakers	Cmdr Kelly Williamson (Ted Talk) “The Meaning behind the Uniform”
	Simon Sinek (Ted Talk) “Why Leaders Eat Last”
Virtual (Self Led) Tours	Life in the Royal Canadian Navy
	Life in the Canadian Army
	Life in Royal Canadian Air Force
Daily Challenges	Build a Boat Challenge
	Build a Plane Challenge
	Build a Tank Challenge

b. Day 2: Citizenship

Daily Workout	No Gym? No Problem
Cadet Correspondent Interview	Mr. Jim Watson Mayor of Ottawa
	Hon. Anthony Rota Speaker of the House of Commons
Virtual (Self Led) Tours	Canadian Museum of History
	Canadian Museum of Human Rights
	Canadian Museum of Immigration at Pier 21
	National Gallery of Canada
Daily Challenges	Cadet Citizenship Bingo
	Visit a Memorial in your City
	Research your town
	Research indigenous tribes in your area
	Research environmental

c. Day 3: Outdoor Adventure

Daily Workout	Stretching
Recorded Speakers	Alex Honnold: Free Climbing
	Victor Vescovo: What is at the bottom of the Ocean?
	Ueli Gagnshatz: Extreme wing suit flying
	Bill Stone: Inside the world's deepest caves
	Roz Savage: Why I'm rowing across oceans
Virtual (Self Led Tours	NASA: Space X's CRS-21 mission to the Space Station
	The Nature Conservancy – Virtual Field Trip
	Expedition Modern Explorer
	Exploring inside WWII Navy Ship USS LCS
	Exploring inside USS Kidd – Virtual Tour
	Explore Death Valley Geology
	Climbing K2 – The most dangerous mountain
Daily Challenges	Backyard Shelter Challenge
	Snow / Ice sculpture Challenge
	Geocaching Challenge
	Town Scavenger Hunt

d. Day 4: Healthy Living

Daily Workout	HIIT (High Intensity Interval Training)
Recorded Speakers	Jeffery Siegel: What makes muscles grow?
	Emma Bryce: What is a Calorie?
	George Zaidan: What is Fat?
	Mia Nacamulli: How the food you eat affects your brain
	Melanie Carvell: Reinventing Healthy Living
	Learn to cook: Cuisinart - Culinary School
Virtual (Self Led Tours	Canadian Sports Hall of Fame
Daily Challenges	Prepare a Healthy Meal Challenge
	10 KM Walk Challenge
	Start the 21 push-ups in 21 days Challenge
	The Cadet Fitness Assessment (CFA) Challenge

e. **Day 5: Mental Health Awareness**

Daily Workout	Yoga
Cadet Correspondent Interview	Elizabeth Manley Olympic Figure Skater
	Capt Dave Fowler Chaplain RCSU Central
Recorded Speakers	Adam Avin: Mindfulness in Education to lower stress and violence.
Virtual (Self Led Tours	CF Morale and Welfare Services
	Mindfulness for Teens
Daily Challenges	Yoga Challenge
	Mini-mindfulness Moment Challenge
	Journaling Challenge
	Letter writing / Card Making Challenge
	Reach out challenge

ACCESSING THE CONTENT

14. Links to all CAP content is as follows:

Theme	Link
MAIN PAGE	Click Here
Joining Instructions	Click Here
Day 1 - Canadian Armed Forces (CAF) Familiarization	Click Here
Day 2 - Citizenship	Click Here
Day 3 - Outdoor Adventure	Click Here
Day 4 - Healthy Living	Click Here
Day 5 - Mental Health Awareness	Click Here
CAP Cadet Passport	Click Here

15. If you need to “Copy & Paste” the link in order to access it, hover your mouse over the link, right click and select “Copy Hyperlink”

CAP@HOME CHALLENGE

16. Each day will bring new challenges, speakers, tours and puzzles. After reviewing the daily planner, you can select the activities you want to participate in. Every activity has a specific guide that gives you detailed instructions on how to participate.
17. After you complete any of the daily activities, you will fill out the Cadet CAP Passport. It is an online form that you submit virtually. Each activity that you participate in, will be self-recorded on the passport.
18. All activity will have detailed instructions. You also have an option to receive Bonus Social Media points. This will include you posting pictures, videos or details regarding the activity on our Social Media platforms. Please see the activity details for specifics.
19. You will receive points for every activity you participate in:
 - a. **Participative Point (i.e: Virtual tours, videos, etc):**
 - i. 5 points for participation;
 - ii. +10 bonus Social Media points
 - b. **Active Points (i.e : Challenges)**
 - i. 10 points for participation;
 - ii. +10 bonus Social Media points
 - c. **Note:** See CAP@Home Passport for specific details
20. Cadets will receive CAP Challenge awards, and receive as recognition on Fortress. The point system is as follows:
 - a. **CAP@Home Bronze Award** → **210 Points**
 - b. **CAP@Home Silver Award** → **280 Points**
 - c. **CAP@Home Gold Award** → **350 Points**
21. All cadet participants who receive a CAP@Home Gold Award will also be invited to a Virtual Meet and Greet with LCol Barry Leonard, Commanding Officer, RCSU Central and CWO Gilles Godbout, Regional CWO RCSU Central. Details will be submitted in separate correspondence.
22. Link to the CAP Passport: [Click Here](#)