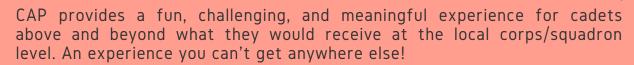
# CADET ACTIVITIES PROGRAM (CAP)





# WHAT IS CAP?

The Cadet Activities Program, or CAP for short, is a range of themed asynchronous (on your own time) activities that cadets can participate in from within their homes and local neighbourhoods during April 12–16, 2021.







### IS CAP FOR ALL CADETS?

All aboard! The cruise-into-spring with CAP will be open to all cadets, regardless of level/phase/star level.

Joining Instructions (JIs) will be provided shortly. Cadets will need to create an account on the CCO ExtraNet (Portal) to access the CAP activities and challenges. Creating an account is quick and easy!

## WHAT WOULD MY DAY LOOK LIKE?

Cadets will start their day by watching our Cadet Correspondents give a morning briefing. They will introduce the daily theme, as well as list all the exciting opportunities available for the day — opportunities such as virtual tours, daily challenges, guest speakers and more!



### WHAT IS A 'CAP PASSPORT'?

Each activity has an assigned point value that you can receive once completed. Cadets can follow along with our schedule or pick and choose which activities they are interested in, on their own time.

The CAP Passport is an easy way to keep track online of which activities you participated in for the day! At the end of the week, based on the number of activities you have completed and the points you've collected, you will receive either a gold, silver or bronze medal!

