

March Break Trip 2020 to Ottawa

There will be a mandatory meeting for parents and cadets on Friday March 6, 2020 from 7:00pm-7:30pm at Thistletown Collegiate Institute (TCI) Cafeteria.

Introduction

1. This document outlines important details about 700 RCACS March Break trip to Ottawa from Sunday 15, 2020 to Wednesday 18 March 2020. For more information or for any clarification, contact your CO.

Departure & Return

Meet at Thistletown Collegiate: 0600hrs (6:00am) on Sunday March 15 2020 (Kit check)

Departure: 0700 hrs (7:00am) on Sunday March 15 2020

Return: Approximately 1800 hrs (5:00pm) on Wednesday March 18 2020

Location: Thistletown Collegiate Institute (20 Fordwich Cres., Etobicoke)

2. If there are any delays on return, cadets will be given phones to contact their parents. The bus is expected to return to Thistletown Collegiate Institute between 1730 and 1830 hrs.

3. Cadets will not be required to bring their cadet uniform for this activity. Cadets are required to bring their Squadron t-shirt along with other clothing outlined in the Kit List.

4. Suggested that cadets limit their packing to one (1) suitcase bag and a small day bag or back pack. Back pack can be used for individual day outings during the trip when required.

Cadet Code of Conduct

5. All cadets signed the "Central Region Code of Conduct for Cadets" when joining. Cadets are bound by this, and must be respectful and well-behaved at all times. A copy of the code of conduct is attached, and should be reviewed.

6. Cadets who violate the code of conduct are subject to disciplinary action, and may have their activities during the trip restricted. Severe infractions that result in a premature return to Toronto will be paid for by the cadet's parents.

Cadet Responsibility

7. Cadets must bring all items specified in the attached kit list. Cadets are responsible for everything they bring, including any squadron issued items. It is suggested that cadets write their name on all items.

8. Male cadets are to be clean shaven and have a proper hair cut (not to exceed 15cm in length, should not touch the ears and taper trimmed) at all times during the trip. Female cadets are expected to have their hair conform to regulation i.e. straight cut (should not exceed bottom of collared shirt in length), ponytail or braided (not to exceed 2 braids) during all daytime activities (Bun and gel optional)

9. Cadets may not bring any illegal items (such as un-prescribed drugs, cigarettes, alcohol, firearms, etc) or items that cannot be brought across the border (such as keys, knives or other weapons, unnecessary jewellery including dog-tags, lighters or explosives).

10. 700 RCACS is not responsible for any items which are lost or broken. It is suggested that cadets do not bring any unnecessary expensive or sentimental items.

11. Photography may be restricted at certain facilities, and cadets should ask if unsure about whether they can take photos.

12. Cadets' bags are subject to search, by government officials, and unit staff. Sqn staff will normally only search bags with the cadet present, and by a staff member of the same gender, unless circumstances require otherwise.

Emergency Contacts

13. The Sqn cell phone can be contacted to relay messages to cadets on the trip. It will be monitored by **Attending March Break Trip Supervisory Staff**.

FIRST POINT OF CONTACT: 700 David Hornell VC Air Cadet Squadron: 647-926-5210

15. The following cell phone number is for emergency use only. The personal cell phone of the Commanding Officer on the trip:

Major Jack Tornabene (700 RCACS): 647-545-6951

Attachments

Annex A - Kit List (what to bring)

Annex B - Central Region Code of Conduct for Cadets

Annex C - Detailed Itinerary

Annex A – Kit List

Required Documents (originals, no photocopies)

- Ontario Health Card

Personal Required Items

- Personal medication (enough for entire trip) – must be properly labelled, and declared to officer staff
- Extra eye glasses if you wear them to see - or a copy of your prescription in case you damage them

Item	Description of Item	√	Notes
1.	Pillow – Optional for bus ride		
2.	Personal Hygiene items (including female hygiene products) 1 underarm deodorant Soap Toothbrush Toothpaste Shampoo Any other personal items that are part of your daily routine		
3.	Bathing suit – Pool optional activity		
4.	Flip Flops/sandals - For showers and pool		
5.	Large Towel – Bath/shower		
6.	Hand towel – 2		
7.	Face Cloth		
8.	Appropriate sleepwear		
9.	Under Garments sufficient for duration of training 4 pair underwear 4 pair of sports socks and or 4 pair of dress socks		
10.	Sensible footwear – Lots of walking involved. Boots needed due to weather in Ottawa (outdoor activities)		
11.	<u>Civilian clothes</u> – clean, neat and modest (non-revealing) 2 pair dress/khaki style pants/clean jean (no tears) 4 golf-shirts/ T-shirts acceptable 2 sweatshirts Comfortable shoes – There will be lots of walking Jacket - Average temperature for Ottawa in March ranges between 5C to -5C Baseball cap/brimmed hat – it will be sunny		
12.	Laundry soap - enough for 1 loads optional		
13.	Water Bottle - <u>MUST</u> be reusable		
14.	Pencil case to store pens, pencils, etc.		
15.	Notebook, paper		
16.	Small backpack/bag - To carry items on the bus or on day trips		
17.	<u>Optional Items</u> <ul style="list-style-type: none"> • Camera • Hangers - 4-5 • Sunglasses - optional but recommended • Sunscreen - if you burn easily as it may be sunny • Rain jacket - if you have one, bring it • DVD movies for the bus ride 		

Annex A – Kit List

	<ul style="list-style-type: none">• Things to entertain you on the bus - books, cards, games, etc.• Cell Phone & Charger Snack food/drink for bus ride		
18.	Spending money – For snacks and souvenirs		Parents discretion

Things to Note:

- We represent Air Cadets on this tour, and we will dress as ambassadors. All clothing must reflect modest standards (no graphic language or images on shirts).

Annex B – Central Region Code of Conduct for Cades

1. I hereby agree to carry out my duties to the best of my ability, and to conform to these rules:
 - a. I agree to respect the people around me, my environment, and the belongings of others;
 - b. I agree to not purchase, sell, consume or distribute alcohol, narcotics, prohibited substances, drug-related paraphernalia, or pornographic material and to not take part in illegal gambling activities;
 - c. I agree to not purchase, sell, or distribute tobacco products;
 - d. I agree to not consume any prescription or non-prescription medications not specifically prescribed to me for a current health condition;
 - e. I agree to not commit theft or to borrow the belongings of others without having been authorized to do so by the owner(s) of the belongings in question;
 - f. I agree to not sell, barter, or steal any items belonging to the Department of National Defence or the government or a Cadet League or sponsor;
 - g. I agree to conduct myself toward others following the values and direction of the Positive Social Relations for Youth program;
 - h. I agree to not fight with, shout at, or bully anyone;
 - i. I agree to be loyal, honest, courageous, diligent, fair, and responsible;
 - j. I agree to respect all rules and regulations and to report to my supervisors any breach of the rules of which I may be aware;
 - k. I agree to conform to the approved cadet dress regulations;
 - l. I agree to obey proper orders, directives, and instructions issued by persons in positions of authority; and
 - m. I agree to do nothing that might endanger the immediate safety of other persons.
2. I understand these rules apply to me when I am engaged in authorized cadet activities, in or out of uniform.
3. I acknowledge that a breach of one or more of the aforementioned rules may result in administrative or disciplinary measures to include release from the cadet corps or training centre. I agree to obey these rules of conduct while enrolled as a cadet in this corps or attending a CSTC.

Annex C – Detailed Itinerary

Note: The itinerary is subject to change. Other activities will be scheduled in as time permits.

15 March 2020

Time	Activity	Location
0600hrs	Bus Arrival	Thistletown Collegiate Institute, 20 Fordwich Cres., Etobicoke ON, M9W 2T4
0615hrs	Kit Check	TCI Parking Lot
0700hrs	Bus Departure	Leave from (TCI) destination Ottawa
1200hrs	Stop for Lunch	TBA (fast food restaurant)
1300hrs	Arrive at Hotel	Hampton Inn Ottawa Airport, 2869 Gibford Dr., Ottawa, ON, K1V 2L9
1400hrs	Aviation and Space Museum	11 Aviation Pkwy, Ottawa, ON, K1K 2X5
1800hrs	Dinner at Hotel	Hampton Inn
1900hrs	Free Time	Hampton Inn
2300hrs	Lights-out	

16 March 2020

Time	Activity	Location
0700hrs	Reveille	Hampton Inn
0800hrs	Continental Breakfast	Hampton Inn
0900hrs	Science & Technology Museum	1867 St. Laurent Blvd, Ottawa, ON, K1G 5A3
1200hrs	Lunch	St. Laurent Shopping Mall, 1200 St. Laurent Blvd, Ottawa K1K 3B8
1300hrs	Free Time at Mall	St. Laurent Shopping Mall
1530hrs	Return to Hotel	Hampton Inn
1730hrs	Dinner	Kelsey's Restaurant, 2206 Bank St., Ottawa, ON K1V 1J6
1930hrs	Bowling	West Park Lanes, 1205 Wellington St. West, Ottawa
2100hrs	Free Time at Hotel	Hampton Inn
2300hrs	Lights-out	Hampton Inn

17 March 2020

Time	Activity	Location
0700hrs	Reveille	Hampton Inn
0800hrs	Continental Breakfast	Hampton Inn
0930hrs	War Museum	1 Vimy Pl, Ottawa, ON, K1A 0M8
1200hrs	Lunch at War Museum	1 Vimy Pl, Ottawa, ON, K1A 0M8
1330hrs	Parliament Hill / Byward Mrkt	Parliament Hill
1700hrs	Dinner	Mother Tucker's Buffet, 61 York St., Ottawa, ON, K1N 9C7
1830hrs	Free Time at Hotel	Hampton Inn
2300hrs	Lights-out	Hampton Inn

18 March 2020

Time	Activity	Location
0700hrs	Reveille / Pack for Departure	Hampton Inn
0800hrs	Continental Breakfast	Hampton Inn
0930hrs	Museum of Nature	240 McLeod St., Ottawa, ON
1200hrs	Lunch	Fast Food Restaurant
1300hrs	Depart for Home	
1800hrs	Arrival	Thistletown Collegiate Institute