

# CADET ACTIVITY PROGRAM - ST-JEAN INFORMATION BOOKLET

Summer 2023

## UNIQUE EXPERIENCES...

### *... what to expect from CAP*

Cadet Activity Programs (CAP) are activities offered in your community for cadets in their first (CAP 1) and second (CAP 2) year of training. For five days, you will have the opportunity to gain experience directly related to the local training programme. In CAP 2, cadets will spend a weekend of activities and two nights in the forest.

Here is an overview of possible activities:

- Leadership and citizenship activities
- Sports activities
- Marksmanship
- Drill
- Geocaching
- Elemental and Canadian Armed Forces Engagement specific day
- Team work
- And much more!

Follow us on Facebook to see content from CAPs all over the region! The page will be visible from the beginning of June.



[@PACQuebecCAP](https://www.facebook.com/PACQuebecCAP)





## LIST OF MATERIAL (LOCAL SITE)

### **Outfit**

Each day will have an appropriate outfit. The daily outfit will be specified on the previous day. The following are the possible outfits during the CAPs:

- Sportswear
- Training uniform (Navy element)
- Field dress with boots (Army & Air)

Violent, racist, sexist, alcohol/drug related or offensive symbols are not permitted on civilian clothing.

### **Everyday**

- Participation offer on the first day
- Lunch
- Bottle of water
- Extra sportswear
- Safety strap for glasses
- Health insurance card
- Sunscreen
- Clothing suitable for the weather
- Non-medical mask (optional)

### **During the training with overnight stay**

- Sportswear with extra set (3)
- Clothing suitable for the weather
- Medication
- Hygiene kit
- Headlamp (optional)
- Mosquito repellent (optional)

**EACH ZONE HAS ITS OWN REALITY AND DISTINCT CAP SCHEDULE. CAP-SPECIFIC JOINING INSTRUCTIONS WILL BE SENT.**

**FOR MORE INFORMATION, ASK YOUR CADET CORPS OR SQUADRON OFFICERS.**

### **WHEN**



ONE WEEK MONDAY THROUGH FRIDAY\* BETWEEN JULY 3RD AND JULY 30TH

For CAP 2, an overnight activity will be held during the CAP.

### **LOCATIONS**



SEE THE NEXT PAGES FOR EACH LOCATION

### **DURATION**



5 OR 7 DAYS  
FROM 8 A.M. TO 4:30 P.M.





# TRANSPORT TO CAPS



## *Travelling with parents*

Cadets residing in the immediate area of the CAP must present themselves at the CAP site at 8 a.m. at the latest and leave by 4:30 p.m. at the latest. Parents who would like to drive their child directly to the CAP, even if there is a scheduled bus, should notify the Site Coordinator.



## *Group Travel*

By June 13, Cadet Corps and Squadrons will be provided with dates and times for collective transport for cadets to certain sites (see details below). An adult will be present on the buses.



## *Dress During Travel*

**CAP 1 and 2 in the immediate region of the CAP:** according to the day's dress. The first day will be in sportswear.

**CAP 2 to Bagotville CTC (646 RCACS only):** Cadets must travel in uniform (boots, pants, belt, shirt, name-tag, elemental headdress). Rank slip ons, tie and parade attributes should not be brought.



## INFORMATION ON CAP



**If you have any questions about preparing for summer activities, please contact your Corps or Squadron Staff.**

**If you have any other comments or questions, please refer to the site supervisor.**

**For EMERGENCY ONLY, please contact the  
Regional Cadet Support Unit (Eastern).**

**Telephone: 514-730-1634 / Email: [est-rocc-crco@forces.gc.ca](mailto:est-rocc-crco@forces.gc.ca)**

## CENTRE DE QUÉBEC AERA

### SHAWINIGAN SITE

**Site Supervisor:**

Capitaine Patrice Breton

**Email:**

patrice.breton@cadets.gc.ca

**Adress:**

Séminaire Ste-Marie  
5655 Boul des Hêtres  
Shawinigan (Québec)  
G9N 4V9

### DATES

**CAP 1**

- July 3-7, 2023

**CAP 2**

- July 3-9, 2023

### BOARDING/DISEMBARKATION OF THE SHUTTLE

*Nicolet*

National Police Academy  
350, Marguerite d'Youville,  
Nicolet (Québec) J3T 1X4

*Departure - 7 a.m*

*Return - 4:45 p.m.*

*Trois-Rivières*

Laviolette Park  
6455, Rue Notre-Dame Ouest  
Trois-Rivières (Québec)  
G9A 5A9

*Departure - 7:15 a.m.*

*Return - 5 p.m.*

### DRUMMONDVILLE SITE

**Site Supervisor :**

Captain Bianca Bélisle

**Email:**

bianca.belisle@cadets.gc.ca

**Adress:**

Drummondville Armoury  
250 rue St-Louis  
Drummondville (Québec)  
J2B 5W8

### DATES

**CAP 1**

- July 3-7, 2023

**CAP 2**

- July 3-9, 2023

### BOARDING/DISEMBARKATION OF THE SHUTTLE

*Saint-Hyacinthe*

Armoury  
2155 Boulevard Laframboise  
Saint-Hyacinthe (Québec)  
J2S 4X5

*Departure - 7:15 a.m.*

*Return - 4:30 p.m.*

### BOARDING/DISEMBARKATION OF THE SHUTTLE (CONTINUED)

*Plessisville*

1159 Rue St Jean  
Plessisville, (Québec) G6L 1E1

*Departure - 7 a.m.*

*Return - 6 p.m.*

*Victoriaville*

Le Manège School  
110 Rue du Manège  
Victoriaville (Québec) G6P 9H4

*Departure - 7:30 a.m.*

*Return - 5 p.m.*

*Warwick*

Sainte-Marie School  
148 Rue St Louis  
Warwick (Québec) J0A 1M0

*Departure - 7:50 a.m.*

*Return - 4:50 p.m.*

## LA TUQUE

### SITE

Bagotville CTC  
Bagotville Military Base  
Chemin des Aviateurs,  
Alouette (Québec) G0V 1A0

### DATES

CAP 1  
• July 3-7, 2023  
  
CAP 2  
• July 3-9, 2023

### BOARDING/DISEMBARKATION OF THE SHUTTLE

Cadets will be contacted  
directly with the information.

## MONTÉRÉGIE-OUEST AERA

### SAINTE-CATHERINE SITE

#### Site Supervisor :

Captain Bianca Bélisle

#### Email:

bianca.belisle@cadets.gc.ca

#### Address:

Local des Quatre Cents  
5860, Boul. St-Laurent  
Sainte-Catherine (Québec)  
J5C 1B2

### DATES

CAP 1  
• July 10-14, 2023  
  
CAP 2  
• July 10-17, 2023

### BOARDING/DISEMBARKATION OF THE SHUTTLE

*Saint-Bernard-de-Lacolle*  
217, Rang St-André,  
St-Bernard-de-Lacolle  
(Québec) J0J 1V0  
*Departure - 7 a.m.*  
*Return - 5:30 p.m.*

*Chambly*  
Ferme Guyon  
1001, Rue Patrick Farrar  
Chambly (Québec)  
Exit 22 from Highway 10  
*Departure - 7:50 a.m.*  
*Return - 5:30 p.m.*

*Mercier*  
A&W  
220, Boulevard Saint-Jean-  
Baptiste, Mercier (Québec)  
J6R 2B8  
*Departure - 7:30 a.m.*  
*Return - 4:30 p.m.*

### BOARDING/DISEMBARKATION OF THE SHUTTLE (CONTINUED)

*Granby*  
Ferme Héritage  
100, Rue Mountain  
Granby (Québec) J2G 6S1  
*Departure - 7 a.m.*  
*Return - 5:30 p.m.*

*Iberville*  
Tim Horton  
320, Rang des Écossais,  
Ste-Brigitte D'Iberville,  
Exit 48 from Highway 10  
*Departure - 7:30 a.m.*  
*Return - 5:10 p.m.*

*Saint-Jean-sur-Richelieu*  
Carrefour Richelieu,  
600 Rue Pierre-Caisse,  
Saint-Jean-sur-Richelieu  
(Québec) J3A 1M1  
*Departure - 7:50 a.m.*  
*Return - 5:10 p.m.*

## MONTÉRÉGIE-OUEST AERA (CONTINUED)

### RIGAUD SITE

**Site Supervisor:**

Captain Patrice Breton

**Email:**

patrice.breton@cadets.gc.ca

**Address:**

Canada Border Services  
Agency College  
475 Chemin de la Grande-  
Ligne, Rigaud (Québec)  
J0P 1P0

### DATES

**CAP 1**

- July 10-14, 2023

**CAP 2**

- July 10-16, 2023

### BOARDING/DISEMBARKATION OF THE SHUTTLE

*Valleyfield*

Edgar-Hébert School

161 St-Thomas

Valleyfield (Québec) J6T 4K1

*Departure - 7:30 a.m.*

*Return - 4:30 p.m.*

## MONTÉRÉGIE-CENTRE AERA

### SAINT-HUBERT SITE

**Site Supervisor :**

Captain Bianca Bélisle

**Email:**

bianca.belisle@cadets.gc.ca

**Address:**

Training Centre for adults  
163, avenue Cleghorn  
Saint-Lambert (Québec) J4R 2J4

### DATES

**CAP 1**

- July 17-21, 2023
- July 24-28, 2023

**CAP 2**

- July 17-13, 2023
- July 24-30, 2023

### BOARDING/DISEMBARKATION OF THE SHUTTLE

No shuttle

## MONTÉRÉGIE -EST / LANAUDIÈRE AERA

### LANAUDIÈRE SITE

**Site Supervisor:**

Captain Patrice Breton

**Email:**

patrice.breton@cadets.gc.ca

**Adress:**

Multi-sport centre  
1000, rue Ladouceur  
Joliette (Québec) J6E 3W7

### DATES

**CAP 1**

- July 24-38, 2023

**CAP 2**

- July 24-30, 2023

### BOARDING/DISEMBARKATION OF THE SHUTTLE

No shuttle

### SAINT-HUBERT SITE

**Site Supervisor :**

Captain Bianca Bélisle

**Email:**

bianca.belisle@cadets.gc.ca

**Adress:**

Training Centre for adults  
163, avenue Cleghorn  
Saint-Lambert, (Québec) J4R 2J4

### DATES

**CAP 1**

- July 24-28, 2023

**CAP 2**

- July 24-30, 2023

### BOARDING/DISEMBARKATION OF THE SHUTTLE

*Sorel-Tracy*  
105 Rue Prince,  
Sorel-Tracy (Québec) J3P 4J9  
*Departure - 7 a.m.*  
*Return - 5 p.m.*

## ESTRIE AERA

### ESTRIE SITE

**Site Supervisor:**

Captain Patrice Breton

**Email:**

patrice.breton@cadets.gc.ca

**Adress:**

Collège Bishop's  
80, Moulton Hill Road  
Sherbrooke (Québec)  
J1M 1Z8

### DATES

**CAP 1**

- July 17-21, 2023

**CAP 2**

- July 17-23, 2023

### BOARDING/DISEMBARKATION OF THE SHUTTLE

*Val-des-Sources*  
NDTJ Community Centre  
120 Boulevard Olivier  
Val-des-Sources, Québec J1T 4P1  
*Departure - 7:15 a.m.*  
*Return - 4:45 p.m.*





## DISCIPLINE

All participants must abide by the regulations promulgated by the authorities of the CAP including the rules of community life and the Code of Conduct.



Consumption or possession of drugs, alcohol, non-prescription medication or energy drinks is prohibited.



Firearms and bladed weapons (penknives, knives, machetes, flares) are prohibited. Laser pointers, lighters and any other material used to light a flame are prohibited.



Possession and consumption of cannabis is prohibited for cadets. Programs are in place to encourage staff and cadets to quit smoking.



Click on the icon to view the Cadet Code of Conduct.





## MEDICAL INFORMATION

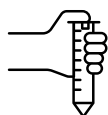


When you receive the Participation Offer, it is important to declare any change in medical condition to the Medical Section. A wrongful declaration could, in some cases, lead to a return home and the impossibility to participate to CAP.



### **Medication**

Medication must be in its original container with the original label. It is requested that cadets arrive with sufficient medication to cover the full CAP period when cadets leave for a long period (CAP 2). We strongly encourage cadets with prescription medications to use blister packs (Dispill). Many pharmacies offer this service free of charge. Over-the-counter medicines are allowed, but cadets on CTCs cannot keep it with them. Medicines must be in their original packaging, sealed and not expired. The form found in Annex C of CATO 16-04 [↗](#) must be completed and signed by the parents so that the cadet has it with him/her on arrival at CAP.



### **Epipen**

Cadets with a medical condition that could cause anaphylactic shock **must** have two (2) non-expired Epipen in their possession as well as a copy of the emergency plan.



### **Vaccination**

It is recommended that cadets be up to date on their vaccinations as recommended by their home province's immunization program.

Cadets should bring their vaccination records or a copy of them. Up-to-date vaccination to COVID-19 is strongly recommended, but not mandatory, for participation in summer activities.



### **Glasses, contact lenses and frames**

These items are considered the cadet's personal items. Consequently, it is strongly recommended that the cadet and their parents take out insurance for the repair or replacement of glasses. Cadets are responsible for their eyewear and must reduce the risk of loss and damage (e.g., by wearing a tether). In the event of damage, the costs incurred will be paid by the parents.