

Central Ontario Area 2024 Stage 2 Biathlon Joining Instructions



Introduction

1. Welcome

Welcome to the COA Stage 2 Biathlon Championship! We are happy to have you join us for a day of fun and exciting competition. The COA Area Stage 2 Biathlon Competition is a Run and Shoot competition held at CFB Borden on the weekend of 19-20 October 2024. The focus of a Stage 2 Biathlon Competition is to maximize participation, provide and introduce cadets to the activity and support localized programs while providing a selection tool for cadets to advance to Stage 3 Biathlon Competition.

A run and shoot Biathlon Competition is easily accessible, and the skill set is generally part of every cadet's comfort level.

2. Reading the Joining Instructions

The purpose of these common Joining Instructions (JIs) is to provide you with the basic information needed to prepare you for the Stage 2 Biathlon Competition. Together, with the accompanying Annexes, read each part in detail with your parents/guardians to ensure that you understand what is expected during your time at the Stage 2 Biathlon Competition. We will communicate any additional messages to you and your family as the week progresses.

3. Competition Location (19 or 20, October 2024 – CFB Borden)

Corps/Squadron Teams will check in at Dyte Hall. Teams will be able to remain inside the building during non-competition times. Competition will be held in Dyte Hall and CFB Borden. Detailed Zone breakdown for location and date is provided at **Annex A – Zone Breakdown & Date of Competition**.

4. Timings

Teams arriving by DND chartered Bus will be as per **Annex B – Bus Schedule**, Local teams arriving on their own are to be parental drop off between 0900 and 1000 hrs. All teams should arrive by 1000 hrs (10:00 AM).

The schedule for the competitions is attached at **Annex C – Event Schedule**, specific start times will be provided the morning of the competition. Team/Coach briefings will occur in order to orientate all participants to the new locations and format.

5. Packing for the Stage 2 Biathlon Competition

Dress for Competitors, Cadet Coaches, Cadet Support Staff and Adult Coaches is warm civilian attire. Dress for the weather. Competitors should bring a second set of footwear to change into following the competition if conditions are wet. We have provided a suggested kit list to bring.

Dress for Adult Support Staff is NECU/NCDs/CADPAT with parkas. Given lack of ability to make uniform exchanges over the past 2 years, it is acceptable for adult staff to wear warm civilian attire if they do not have appropriate NECU/NCDs/CADPAT for winter conditions.

MANDATORY ITEMS (pack these things first)	
Provincial Health Card	Prescription Medication
Refillable Water Bottle	Over-the-Counter Medication (if req)
Prescription Eyewear with strap	Medical Alert Identification (if req)
Additional Items	
Backpack	Hat & Gloves
Lip balm, SPF 15+	Cell phone. Smartphone
Sunblock, SPF 50+	Non-Medical Mask (NMM)

Individuals are responsible for personal electronic devices and other valuables. Please ensure that only essential items are brought.

6. Medication

Cadets are responsible for their own medication while attending the Stage 2 Biathlon Competition. Please bring what you will require for the day, in original packaging with name and dosage information clearly labeled. Ensure that you are taking medication as prescribed.

Any over-the-counter medication, such as allergy medication or pain relief will also remain in its original packaging.

7. Anaphylaxis Protocol

Anaphylaxis is defined as a serious allergic reaction that can be rapid in onset and may cause death. It affects about 2% of the Canadian population, with the most common allergens being food and insect stings. Medical attention is needed right away, as this type of reaction can be life-threatening.

Cadets with serious allergies to insect stings or food must bring prescribed Anakit / EpiPen / Allerject with them to the competition.

Cadets must carry a copy of their Anaphylaxis Emergency Plan completed during their annual medical validation to the Stage 2 Biathlon Competition and always keep a copy on their person (with their emergency medication).

8. Medic-Alert Bracelets / Devices

It is highly recommended that all cadets with known medical conditions requiring immediate identification, always wear their Medic-Alert devices (bracelets, necklaces, etc).

9. Transportation

In some cases, you will be responsible for getting to the Stage 2 Biathlon Competition, located in CFB Borden Dyte Hall. Your parent or guardian will be required to drop you off at the competition location and pick you up at days end.

In other cases, transportation is provided. Specific pick up, drop off and timing details will be provided in **Annex B Bus Schedule**.

As some competitors and support cadets are arriving via parental drop off, the parents are encouraged to stay and cheer their cadets on during the competition. We will designate an area for spectators. We do ask parents to respect the range area and areas of silence. If parents interfere with the competition, they run the risk of cadets being disqualified and spectator areas being restricted further.

We will not release a cadet to someone who is not authorized (by a parent or legal guardian) to take them. Please contact your Corps/Squadron staff for individual arrangements.

10. Food and Accommodations

There will be a hot lunch served in Curtis Kitchen, Box Lunches will be provided upon departure for dinner for those units travelling over diner hours. While food options are available, the responsibility to satisfy dietary restrictions and requirements rests with the individual. Not all food allergies can be accommodated. There is no authority to claim meal expense enroute.

All participants should bring a full refillable water bottle.

There are no overnight accommodations provided for the Stage 2 Biathlon Competition, as this is a day activity only.

11. Behaviour and Conduct

As with any cadet activity, the expectation is that cadets behave in an appropriate manner. The Cadet Code of Conduct that you signed when you joined cadets applies.

Breaches of this Code of Conduct will result in disciplinary action up to and including removal from the Stage 2 Biathlon Competition.

All Training Establishment Sites in Central Region are smoke-free environments. Smoking is not permitted by cadets including the use of e-cigarettes, vapes, and other smoking paraphernalia.

In accordance with National Policy, cadets are prohibited from buying, consuming, or having controlled substances in their possession, including alcohol and recreational cannabis.

Relationships involving Support Cadets to Cadet, or Adult Staff to Cadet is strictly prohibited by law. Incidents will be investigated by the chain of command and the local police service and/or Military Police.

Orders, rules, and regulations exist to ensure the safety of everyone. They must be followed to create a respectful, organized and safe environment.

12. Cease Training

Circumstances may arise during Stage 2 Biathlon Competition where you may be required to go home. This includes, but is not limited to:

- Being unable to adapt to the training;
- becoming a disciplinary or safety concern;
- or a medical concern that precludes them from participating.

In these cases, the Stage 2 Biathlon Competition staff will contact your parent(s)/guardian(s) to pick you up from the location.

13. Medical Services

Cadets are covered through the Ontario Health Insurance Plan (OHIP), and the Department of National Defense for all health-related expenses while attending training.

The Stage 2 Biathlon Competition will have a local public medical facility (hospital, clinic, urgent care centre etc.) available to address emergency medical needs.

In case of an emergency, 911 will be contacted and an ambulance will transport the cadet to the nearest hospital. Parent(s)/Guardian will be contacted to meet the cadet at the hospital

14. Equipment

Corps/squadrons are required to bring their own personal shooting equipment to include:

- DND issued Air rifles;
- Spotting scope;
- Speed slings;
- Safety glasses (optional); and
- Personal face masks (optional).

COA does not provide any personal equipment. Shared range equipment (i.e., pellets, shooting matts, backstops, etc., shall be provided).

Non-DND issued Air Rifles and pellets are not authorized.

16. Registration

Cadet Corps / Squadrons have sent in an Excel document to complete with Team breakdown.

All Competitors and Cadet Officials shall be registered in Fortress Serials NLT 12 October 2024 1200hrs,. Substitutions may be considered up to 15 October 2024; however, they must be pre-approved by the Area Coordinator. After 15 October there will be NO ADDITIONS or SUBSTITUTIONS permitted. Only subtractions.

Registration the Morning of the event will consist of a validation of what cadets are present. Any absences will be noted.

DO NOT BRING ANY CADETS that have not been registered in Fortress.

17. Awards and Advancement

This year there are NO Medals for Stage 2. Certificates will be given to 1st, 2nd, and 3rd place teams in each Category, from each Zone (Borden - Northeast, Southeast, Southwest, and Northwest).

Certificates will be presented to 1st place Individuals in each Class, from the entire Central Ontario Area.

Certificates will be presented at a later date at the local CC/Sqn.

Advancement to the Stage 3 Biathlon Competition (Provincials) will be based upon combined results of the Area. Those advancing will be announced via Email.

Capt J Higgins, CD
COA Biathlon OPI
705-794-2418
jason.higgins@cadets.gc.ca

Annex A – Zone Breakdown & Date of Competition
Annex B – Bus Schedule
Annex C – Event Schedule

Annex A - Zone Breakdown
 JIs to COA 2024 Stage 2 Biathlon

Unit Number	Element	Unit Location	Zone
Saturday 19 October			
53	Sea	Barrie	NE
102	Air	Barrie	NE
286	Sea	Midland	NE
1909	Army	Collingwood	NE
2250	Army	Bracebridge	NE
2408	Army	Borden	NE
2919	Army	Barrie	NE
8	Air	Richmond Hill	SE
221	Sea	Newmarket	SE
351	Air	Markham	SE
2799	Army	Aurora	SE
140	Air	Aurora	SE
1944	Army	Creemore	NE
283	Air	Woodbridge	SE
778	Army	Markham	SE

Unit Number	Element	Unit Location	Zone
Sunday 20 October			
42	Army	Owen Sound	NW
85	Air	Grand Valley	NW
164	Air	Shelburne	NW
167	Air	Owen Sound	NW
183	Air	Kincardine	NW
340	Air	Port Elgin	NW
769	Air	Listowel	NW
139	Sea	Brampton	SW
242	Air	Erin	SW
253	Sea	Bolton	SW
492	Army	Fergus	SW
557	Army	Brampton	SW
676	Army	Georgetown ON	SW
812	Air	Hanover	NW

Annex B – Bus Schedule
JIs to COA 2023 Stage 2 Biathlon

Bus Schedule

All buses to arrive in Blackdown CTC NLT 1000 hrs and depart Blackdown NET 1600 hrs

[Biathlon Travel Plan 2024 - .xlsx](#)

See 283 Website.

Annex C – Event Schedule
JIs to COA 2024 Stage 2 Biathlon

Schedule of Events

Saturday, 19 October 2024

TIME	EVENT
0800-0830	Chiefs and Key Staff to arrive at site
0930-1000	Competitors and remaining staff arrive via Bus
0930-1015	Registration
1015-1045	Briefing
1100-1200	Zeroing
1200-1300	Lunch
1300-1445	Competition All Classes
1445-1530	Clean Up
1500-1530	Results and Protest period
1530	Teams Depart
1530-1600	Chiefs and Area Staff Debrief
1600	Staff Depart

Sunday, 20 October 2024

TIME	EVENT
0800-0830	Chiefs and Key Staff to arrive at site
0930-1000	Competitors and remaining staff arrive via Bus
0930-1015	Registration
1015-1045	Briefing
1100-1200	Zeroing
1200-1300	Lunch
1300-1445	Competition All Classes
1445-1530	Clean Up
1500-1530	Results and Protest period
1530	Teams Depart
1530-1615	Complete any teardown and return equipment as required.
1615-1645	Staff Debrief
1645	Staff Depart