

## APPENDIX 2

### KIT LIST FOR ACTIVITY

<b>SECTION 1: TRAINING OR ACTIVITY DETAILS</b>	
<b>Exercise</b>	<b>Location</b>
ADA 5 Fundamental Supported Day (Cricket Chill)	Blackdown CTC, 1 Blackdown Rd, Borden, ON, L0M 1C0
<b>Start Date</b>	<b>End Date</b>
Saturday, 8 February 2025 (0830hrs – see transport plan)	Sunday, 9 February 2025 (1530hrs)

<b>SECTION 2: KIT LIST</b>	
Provincial health card	1
Parental Permission Form (from Fortress)	1
CCO Parental Informed Consent Form	1
Toque (or warm hat)	1
Gloves	1
Sweater	1
Warm jacket / Winter coat (determine due to weather)	1
Warm pants (NOTE: Do not use jeans) and/or wind/snow pants	1
Warm socks	1
Second pair of socks	1
Shopping bags (to place in boots should feet become wet)	2
Boots	1
Refillable water bottle	1
Lip balm (personal decision)	1
Backpack/Day bag	1
Medication (To be reviewed at In-Routine along with timings and dosage)	As needed
<b>The activity will be conducted outdoors for the entire duration. It is critical that cadets dress in layers for comfort and physical engagement. Due to temperature and weather, it is expected that the event will be cold and wet (due to fluctuating temperatures). Cadets must be briefed by their CC/Sqn staff prior to board buses and/or parental drop off. There will be no time at the activity for a full safety brief and cadets bear the responsibility of demonstrating self-care and safe conduct.</b>	
<b>KIT TO BE ISSUED UPON ARRIVAL (AND RETURNED)</b>	
<b>WIND PANTS:</b> The activity will have wind pants available for temporary loan. Not all sizes will be available and quantity will be limited.	1
<b>RACE BIBS:</b> The activity will issue each participant a race bib as part of their participation in the Polar Rush	1

<b>SECTION 3: PROHIBITED</b>	
The wearing or bringing of valuables, large amounts of money, jewelry, electronics, electronics, knives and attractive items are not allowed. Any personnel bringing such items shall be responsible for same. The event and facility will not be held responsible for lost/stolen/damaged items.	
Alcohol, illegal/non-prescription drugs, drug paraphernalia, weapons, cigarettes, e-cigarettes/vaping, pornography or anything else deemed illicit are forbidden. Anyone in possession of, distributing, or using illicit items shall be RTU from the exercise at parent / guardian expense. If warranted, local police services shall be contacted.	

<b>SECTION 4: ACTIVITY DETAILS</b>	
<b>Weather</b>	<ul style="list-style-type: none"> <li>The activity will be conducted in all weather conditions (expected to be cold, wet, and windy).</li> </ul>
<b>Health</b>	<ul style="list-style-type: none"> <li>Access to the bus and/or parental drop-off will require visual confirmation of the provincial health card (non-digital copy)</li> <li>Medication and health cards must be declared during in-routine and kept on the person for the duration of the activity.</li> <li>Report any medical and/or dietary restrictions to the Activity AdminO during intake</li> </ul>
<b>Money</b>	<ul style="list-style-type: none"> <li>Do not bring money.</li> </ul>
<b>Food/Drink</b>	<ul style="list-style-type: none"> <li>Cadets are required to eat breakfast prior to leaving for the activity.</li> <li>A lunch will be provided at the Blackdown CTC mess hall.</li> <li>Supper will not be provided by the activity.</li> <li>Everyone is welcome to bring extra food and water during training.</li> </ul>
<b>Safety</b>	<ul style="list-style-type: none"> <li>Every cadet must be briefed on the safety aspects of the activity prior to attending the activity.</li> <li>Cadets must have a signed Parental Consent form.</li> <li>Cadets must have a signed CCO Informed Consent form.</li> <li>There will only be limited locations in Blackdown CTC for warming centres. Cadets must be prepared to be outside the entire activity and plan their warmth and comfort according to forecasted weather conditions.</li> </ul>