

FIRST CANADIAN FLAGS

St. George's Cross

The St. George's cross was an English flag of the 15th century. It was carried by John Cabot and flown over Canadian soil when he reached the east coast of Canada in 1497.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-1 St. George's Cross

Fleur-de-Lis

When Jacques Cartier landed and claimed the new world for France in 1534, the Fleur-de-Lis was flown as a symbol of French sovereignty in Canada. It was flown until the early 1760s when Canada was surrendered to the United Kingdom.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-2 Fleur-de-Lis

Royal Union Flag

The two crossed Royal Union Flag was the official British flag in the early 1760s. This flag was flown over Canadian soil until the Act of the Union between Great Britain and Ireland in 1801 when Ireland's diagonal cross of St. Patrick was incorporated. This gave the Royal Union Flag its present day configuration.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-3 Two Crossed Royal Union Flag



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-4 Present Day Royal Union Flag

Canadian Red Ensign

The Canadian Red Ensign is a red flag with the Royal Union Flag in the corner. It was created in 1707 as the flag of the British Merchant Marine. It replaced the Royal Union flag on government buildings abroad in 1924. Starting in 1945, it was flown on federal buildings in Canada until a new national flag was adopted.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-5 Canadian Red Ensign

THE CURRENT NATIONAL FLAG OF CANADA

The red and white maple leaf flag replaced the Canadian Red Ensign on February 15th, 1965. The maple leaf has been a national emblem of Canada since 1860 and was deemed a suitable symbol for the current national flag. During the crusades, two different colours distinguished the countries of England and France, England by the colour white and France by red. Throughout history, red and white have been the colours of England and France. In 1921, red and white were approved as the official colours of Canada in the proclamation of the Royal Arms.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-6 The National Flag of Canada

DESCRIPTION OF THE ARMS

The Shield

The shield represents Canada's origins by depicting the three royal lions of England, the royal lion of Scotland, the royal fleur-de-lis of France, and the royal Irish harp of Tara. All of these nations played an integral roll in the settlement of Canada. At the base of the shield is a sprig of three Canadian maple leaves that represent Canadians of all origins.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-9 The Shield

The Ribbon

The ribbon was added to the Canadian Coat of Arms on 12 July 1994. It contains the motto of the Order of Canada, which in Latin reads: "Desiderantes Meliorem Patriam." This translates to "They desire a better country" in English.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-10 The Ribbon

The Crest

The crest consists of a wreath made of twisted red and white silk. On top of the wreath stands a crowned gold lion holding a red maple leaf in its right paw. The lion is a symbol of valour and courage. The crest is used to mark the sovereignty of Canada.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-11 The Crest

The Supporters

The supporters are depicted on either side of the shield. A lion is on the shield's right holding a gold pointed silver lance from which flies the Royal Union Flag. A unicorn is on the shield's left holding a lance flying the banner of royalist France. The two banners represent the two principle founding nations that established Canada's laws and customs.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-12 The Supporters

The Motto

The motto reads: *A mari usque ad mare* (From Sea to Sea). It was first used in 1906 during a sitting in the Legislative Assembly of Saskatchewan. It was proposed to be the new motto of the Coat of Arms and became official when the Arms was proclaimed in 1921.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-13 The Motto

The Four Floral Emblems

The four floral emblems are the English rose, the Scottish thistle, the Irish shamrock, and the French fleur-de-lis. They are located at the base of the Arms and are associated with the Canadian Monarchy.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-14 The Four Floral Emblems

The Imperial Crown

The imperial crown sits at the top of the Canadian Coat of Arms and indicates the presence of a monarch as Canada's head of state.



Canadian Heritage Website, www.canadianheritage.gc.ca

Figure 1-1-15 The Imperial Crown

THE CANADIAN COAT OF ARMS



WORD GAME

CERPTES HET DERLEA NDA EHORT AETM BESMERM

✂-----

RPCOEAEOT TWHI TERSOH

✂-----

IAMTD STSAKIEM DNA RLENA MFOR XRPEIECNEE

✂-----

PCETCA SRUCONTTIVEC IISCTMRC

✂-----

SUSAME YEBPISONSILRIT

✂-----

EB TENHOS

✂-----

EACTCP HTROE AEMT ESMBRME OFR HWO YEHT RAE

✂ -----

NOWK ETH BOJ NAD EB PPRDREAE

✂ -----

MAOCMUENCIT LYEACRL TIHW EHORST

✂ -----

SELF-ESTEEM SCALE

To get a sense of your level of self-esteem, place a check mark on the scale on the activity below which best describes you. For example, if you are more likely to act toward the item on the right, then the x would be placed closer to the right, and vice versa.

Throughout the year, feel free to revisit this scale and use it as a tool to monitor how your self-esteem in different areas may change.

| | 5 | 4 | 3 | 2 | 1 | |
|---|-------|---|---|---|---|---|
| Make your own decisions? | ----- | | | | | Let others make them for you? |
| Look for answers to problems? | ----- | | | | | Let problems defeat you? |
| Take risks? | ----- | | | | | Play it safe? |
| Control your moods and thoughts yourself? | ----- | | | | | Let someone else's bad mood get you down? |
| Feel exhilarated when you work hard? | ----- | | | | | Feel as if you haven't accomplished anything, when you work hard? |
| Accept responsibility? | ----- | | | | | Make excuses, find fault, lay blame. |
| Measure yourself against your own standards? | ----- | | | | | Measure yourself against other's standards? |
| Speak up, set limits, voice your thoughts honestly? | ----- | | | | | Swallow your opinions, your thoughts, your wishes? |
| Stand straight and look people in the eye? | ----- | | | | | Slouch, with downcast eyes, looking sideways at people? |
| Respond flexibly to changing circumstances? | ----- | | | | | Hold on to what you've always done and thought because it's easy and comfortable. |
| Feel self-confident and self-assured? | ----- | | | | | Feel shy, nervous, and awkward? |

GOAL MAPPING EXERCISE

SHORT-TERM GOALS

Goal No. 1: _____

Steps To Take: _____

Goal No. 2: _____

Steps To Take: _____

LONG-TERM GOALS

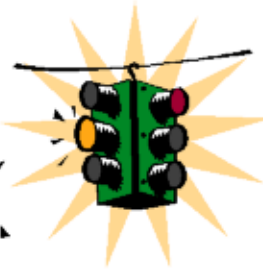
Goal No. 1: _____

Steps To Take: _____

Goal No. 2: _____

Steps To Take: _____

MEMORY GAME



EXAMPLE OF AN ACTIVITY PLAN

Goal: To be able to run for 20 minutes.

- **Specific.** I want to be able to run for 20 minutes continuously.
- **Measurable.** I will keep track of my running progress every week. When the goal is completed, I will feel great for achieving my goal.
- **Achievable.** Possible hindrances – weather, injuries. No resources are needed for this goal because I can run outside.
- **Relevant.** I will improve my cardiovascular fitness and endurance.
- **Timing.** I will achieve this goal in 11 weeks by continuously walking and running for a total of 20 minutes, until I can run for 20 minutes straight.

ACTIVITY SCHEDULE

Week 1. Run 1 minute, walk 1 minute continuously for 20 minutes, 3 x per week.

Week 2. Run 2 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 3. Run 3 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 4. Run 4 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 5. Run 5 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 6. Run 6 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 7. Run 7 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 8. Run 8 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 9. Run 9 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 10. Run 10 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 11. Run for 20 minutes continuously.

CANADIAN CADET ORGANIZATION LIST OF APPROVED SPORTS

- Baseball.
- Basketball.
- Floor Hockey.
- Lacrosse.
- Orienteering.
- Ringette.
- Soccer.
- Soccer Baseball.
- Softball.
- Touch Football.
- Ultimate Frisbee.
- Volleyball.

RECREATIONAL SPORTS OVERVIEW

The list of activities provided for recreational sports is not an exhaustive list. There are other sports that may be approved if a corps or squadron wishes to request approval from their respective regions or detachments.

The basic rules that are provided for the approved sports are the rules for professional or competitive sports, which have been adapted in some instances. The rules and diagrams may be altered according to the resources and facilities that are available to the corps/squadron. For example, in ultimate frisbee, the game can be altered for play in an indoor gymnasium instead of outdoors on a field.

In many instances, the number of players per team can be adapted according to the number of cadets who are playing the sport. For example, for touch/flag football the number of players is listed for five, but teams can play with more than five players on the field at a given time. Times and breakdowns of timings can be altered as well in order to fit into timeframes.

Any sport that usually involves some form of contact between competitors shall be adapted to ensure there is no contact when played by cadets.

A basic overview of orienteering is not found in this section as it can be found in EO C105.03 (Section 4).

BASEBALL

Objective: While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counterclockwise direction) and steps on all three bases and the home plate, which is also known as completing the circuit. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In that case the game will continue for additional innings until a team scoring an additional run breaks the tie (www.angelfire.lycos.com).

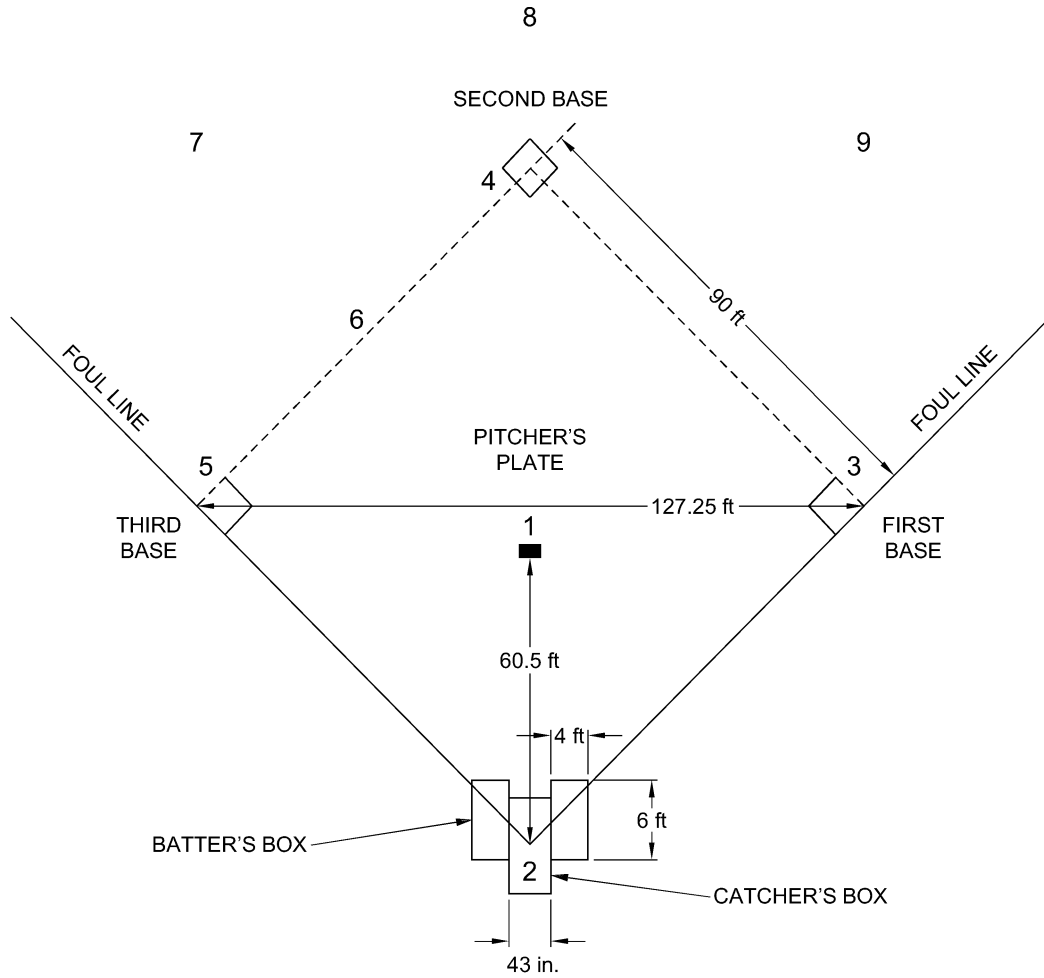
Scoring: One point is awarded as a member completes a circuit around the bases.

Definitions:

| | |
|----------------|---|
| Ball | A ball is when the pitch is not within the strike zone. |
| Bunt | When a batter hits the ball by letting the ball meet the bat to drop as a soft ground ball on the infield. |
| Double Play | When two outs are made on the same play. |
| Fly Ball | A ball batted high into the air. |
| Fly-out | Is a fly ball that is caught before it touches the ground or the fence. |
| Force Play | This occurs when a runner is forced to move to the next base because the batter becomes a runner. |
| Foul Ball | A ball that is hit into foul territory (see Figure 5B-1). |
| Foul Territory | The area outside the foul lines. |
| Home Run | When a batter hits a fair ball over the fence, or circles the bases on a hit inside the fence without getting out on their way around. |
| Inning | An inning consists of a top and a bottom. During either the top or bottom half each team will get the opportunity to bat and field accordingly. |
| Out | An out can be given due to strikeout (three strikes), force-out, tag-out, and fly-out. |
| Strike | A pitch that the batter takes but does not swing at which is in the strike zone, that the batter swings at and misses, or that the batter hits into foul territory during their first two strikes. A foul ball on the third is not considered a strike. |
| Walk | A batter is awarded first base if a pitcher pitches four "balls" during one time up to bat. |

Number of Players: Nine players per team.

| BASEBALL | |
|--|---|
| Equipment Required: | |
| <ul style="list-style-type: none"> • Bases x 4. • Bat x 2. • Batter's helmets x 2. | <ul style="list-style-type: none"> • Baseball x 1 (extras should be on hand). • Various gloves. • Baseball/Softball field. |
| Basic Rules: | |
| <ul style="list-style-type: none"> • The game consists of nine innings, with three outs per inning (for each team). May be limited due to time constraints. • One team takes the field first, taking up the various positions, to include: pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, and right fielder (see Figure 5B-1). • The other team bats first in the top half of the inning, according to the batting order for their players. • The pitcher attempts to get the batter out, preventing him or her from reaching first base and the subsequent bases. • A batter is out if they receive three strikes or if they hit the ball but it is caught by someone in the field before it hits the ground. • The batters objective is to get around the bases before the ball reaches the base. The batter has to attempt to get to first base before the ball reaches the base and to possibly continue going until they feel they can get no further. Once their play is over the next batter is up. • A team scores a run when a player has safely touched first, second, and third base and has made it back home, or hits the ball over the fence. | |
| <p>Further details on the sport of baseball can be found in <i>The Sports Rules Book: Essential Rules for 54 Sports</i> (1998), pp. 25-35.</p> | |



LEGEND

- 1. Pitcher
- 2. Catcher
- 3. First Baseman
- 4. Second Baseman
- 5. Third Baseman
- 6. Shortstop
- 7. Left Fielder
- 8. Centre Fielder
- 9. Right Fielder

The Sports Rules Book: Essential Rules for 54 Sports

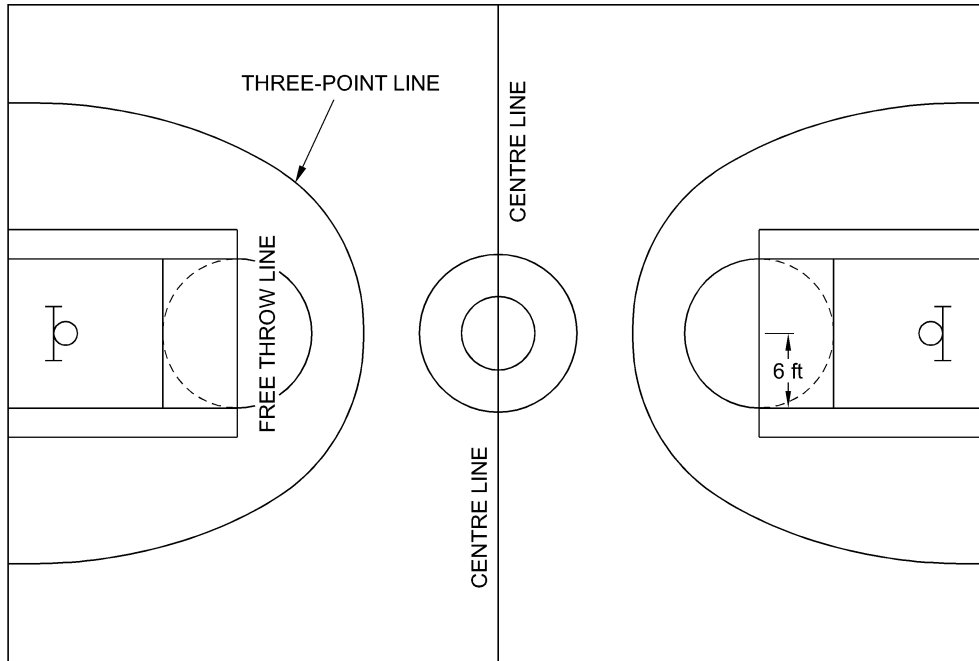
Figure 5B-1 Baseball Diamond

| BASKETBALL | |
|---|---|
| Objective: To pass the basketball through the opposing teams' basket in order to obtain the most points at the end. | |
| Scoring: Each successful basketball in a basket will be awarded with two or three points. Those shots taken from within the three-point line will be scored as two points, and those shots taken at or beyond the three-point line will be awarded three points (see Figure 5B-2). | |
| Definitions: | |
| Dribble | Dribbling consists of bouncing the ball on the floor, using only one hand at a time. This can be done while moving on the court or while the player is stationary. Once a player stops dribbling and holds the ball, they cannot dribble again until another player touches the ball. |
| Double Dribble | Dribbling with both hands at once is a violation that results in a turnover. |
| Rebound | When a player controls possession of a missed shot, either by a teammate or an opponent. |
| Pass | The movement of the ball by a player to another player by throwing, batting, or rolling the ball. |
| Pivot | When a player holding the ball pivots with one foot kept at a point of contact with the floor, while stepping in other directions with the other foot. |
| Traveling | When a player advances on the court with the ball without dribbling it. |
| Number of Players: Five players per team on the court at a time. | |
| Equipment Required: | |
| <ul style="list-style-type: none"> • Basketball x 1. • Gymnasium/outdoor court. | <ul style="list-style-type: none"> • Nets x 2. |
| Basic Rules: | |
| <ul style="list-style-type: none"> • The game consists of two 20 minute halves. • The game begins with what is known as a "Jump Ball". Player from each team will meet face to face in at the centre of the court. Here the ball will be tossed straight up between them where both players will attempt to catch or hit the ball to a teammate. • Teams will consist of: point guard, off guard/shooting guard, small forward, power forward, and centre/post. • Once the game has begun the player in possession of the ball must dribble at all times in order to continue to move forward along the court. The player may pass the ball at any time to a teammate. • If a player in possession of the ball stops at any time they may only pivot on the spot or take a maximum of three steps and then pass or shoot the ball towards the basket. • If a team scores, the opposing team will gain possession. The team that was scored on begins under the net, with one player passing the ball to a teammate. | |

BASKETBALL

- During the game if the ball is tossed out of bounds or a person is fouled, the opposite team will gain the ball where a free throw will be awarded or a sideline pass takes place.

Further details on the sport of basketball can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 37-46.



The Sports Rules Book: Essential Rules for 54 Sports

Figure 5B-2 Basketball Court

FOOTBALL (FLAG/TOUCH)

Objective: Is an adaptation of football, where teams attempt to score as many points as possible through touchdowns. The team with the highest score at the end is the winner.

Scoring:

Touchdown – six points:

- When a player possesses the ball and the ball touches or crosses the plane of the opponent's goal line. This can be accomplished by running the ball, catching a pass, or by recovering a fumble on or over the opponent's goal line.

Extra Points:

- One point if played from the five-yard line.
- Two points if played from the 12-yard line.

Safety – two points.

Note: An interception return to the opponent's end zone on any extra-point play by the defence will result in the defence scoring two points plus they will gain possession for the next series at their own five-yard line.

Definitions:

| | |
|------------------|--|
| Dead Ball | When the ball is dead and the play is over. |
| First Down | Is a new set of four downs. Each team gets four downs when they are playing offence, in which to make a play. |
| Fumble | When a player loses possession of the ball while the play is still in progress. |
| No-running Zones | Located five-yards from each end zone. When the ball is on or inside this five-yard line going towards the opponent's end zone, the offence cannot use a running play to cross the scrimmage line. |
| Scrimmage Line | The point where the players line up for the snap. |
| Touchback | Occurs when a ball is dead on or behind a team's own goal line, provided the ball's force came from an opponent and it is not a touchdown. |

Number of Players: Five players per team on the field at one time.

Equipment Required:

- | | |
|---|--|
| <ul style="list-style-type: none"> • Football x 1. • Field. | <ul style="list-style-type: none"> • Safety/protective equipment. |
|---|--|

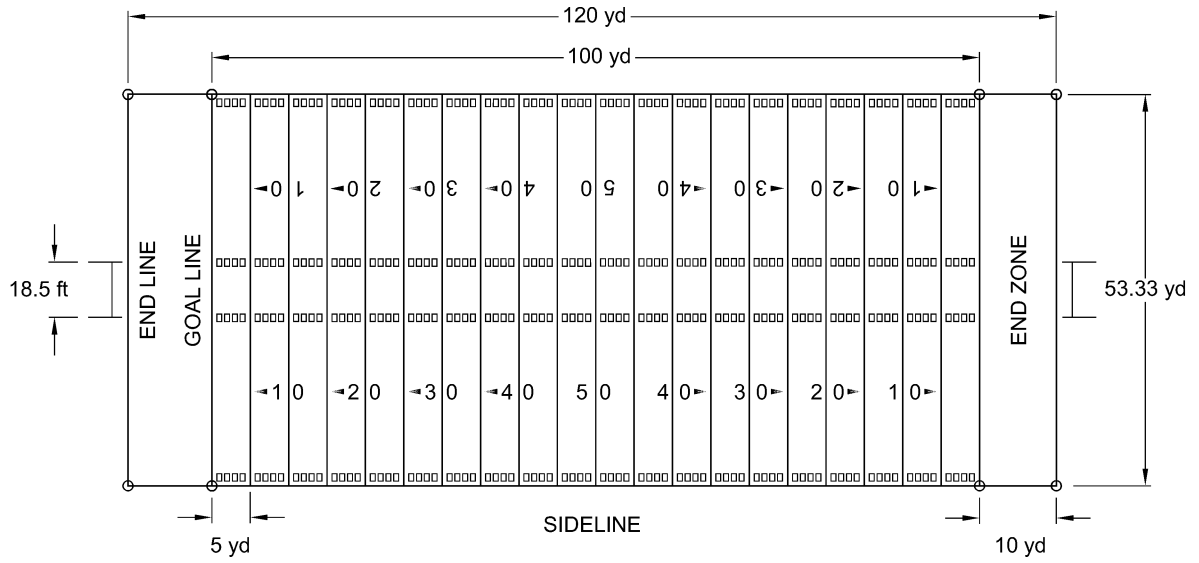
Basic Rules:

- The game consists of two 25-minute halves.
- One team takes first possession of the ball. This team becomes the offensive team and takes possession of the ball at their five-yard line. They have three plays to cross the midfield. Once they cross midfield, they have three plays to score a touchdown.

FOOTBALL (FLAG/TOUCH)

- If the offensive team fails to score, possession of the ball changes and the new offensive takes possession of the ball at their five-yard line.
- The team that plays defence at the start of the first half gets possession at the start of the second half.
- If a team fails to make it across midfield within three plays, possession of the ball changes.
- An automatic first down by penalty overrules the requirements regarding the three plays to make either the first down or score. Possession goes to other team.
- To start the play, the ball must be snapped between the legs of the snapper, who is also the centre. The ball is snapped back to the quarterback.
- The centre cannot take a handoff back from the quarterback after the ball is snapped.
- The quarterback cannot run with the ball past the scrimmage line.
- All defensive players are allowed to rush once the ball has been handed off or tossed, or if there has been a play-action fake or fake handoff.
- The quarterback only has seven seconds to throw the ball or the play is dead.
- Players are not allowed to catch a pass if their flag has fallen off in flag football.
- Must be played as **non-contact**. Blocking and tackling are not allowed.

Further details on the sport of football can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 125-136. These rules then must be adapted for flag/touch football, some of the modifications of which can be found on pp. 132-133. Information on flag football can also be found at www.slam.canoe.ca/FlagFootball/Rules/home.html.



The Sports Rules Book: Essential Rules for 54 Sports

Figure 5B-3 Football Field

FLOOR HOCKEY

Objective: To pass the ball into the opposing teams net, between the posts, and under the cross bar of the opponent's goal in order to obtain the most points at the end.

Scoring: A player passing the ball through the net off their stick scores a goal. The team with the highest score at the end of the third period is the winner.

Definitions:

| | |
|----------|--|
| Face-off | When two players meet to try to gain possession of the puck when dropped by the referee. |
| Goal | A point/goal is scored when a player gets the ball across the goal line. |
| Rebound | A puck that bounces off the goalkeeper or the goal post. |
| Save | When the goalkeeper prevents a goal from being scored. |

Number of Players: Six players per team on the floor at one time.

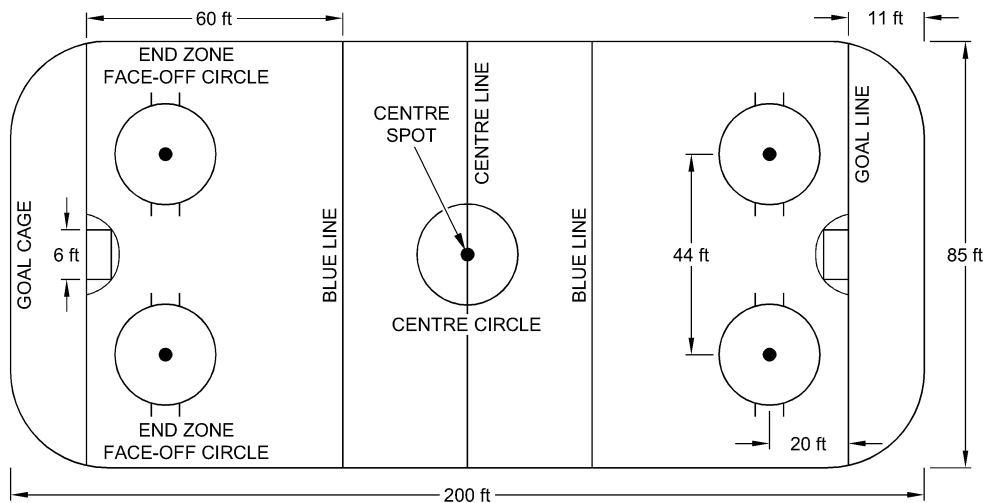
Equipment Required:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Hockey ball x 1. • Hockey sticks x number of players. • Goalie sticks x 2. | <ul style="list-style-type: none"> • Goalie equipment, such as scoop, face mask, etc. • Hockey nets x 2. |
|--|--|

Basic Rules:

- A game consists of three 20-minute periods.
- A game begins with a face-off between two opposing players where an official drops the ball at the centre of the sporting venue.
- Teams will consist of a goalkeeper/goalie, three forwards – centre, left wing, and right wing, and two defencemen.
- Players advance toward the ball while running with the ball or passing it to fellow teammates. The ball must be in motion at all times.
- Every time a goal is scored, the players return to the initial set-up for a face-off at centre.
- If an attacker in the team's attacking zone cause the play to stop, a face-off will occur at the nearest face-off spot in the neutral zone.
- If a defender in the team's defensive zone causes the play to stop, a face-off occurs at the point of stoppage.

Further details on the sport of hockey can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 159-168. These rules then must be adapted for floor hockey.



The Sports Rules Book: Essential Rules for 54 Sports

Figure 5B-4 Hockey Set-up

LACROSSE (WOMEN'S RULES)

Objective: To pass the ball into the opposing team's goal in order to obtain the most points at the end.

Scoring: A goal is scored when the ball passes completely over the goal line, between the posts, and under the cross bar of the opponent's goal.

Definitions:

| | |
|-----------------------|---|
| Blocking | Occurs when one player moves into the path of an opponent with the ball without giving the opponent a chance to stop or change direction without contact. |
| Critical Scoring Area | An area at each end of the field, where the attacking team shoots for a goal. |
| Deputy | A player on the defensive goalkeeper's team who may enter the goal circle when his or her team is in possession of the ball and the goalkeeper is out the goal circle. |
| Free Space to Goal | The path to the goal within the critical scoring area. |
| Marking | Guarding an opponent within a stick's length. |
| Penalty Lane | The path to the goal that is cleared when a free position is awarded to the attacking team within the critical scoring area in front of the goal line. |
| Pick | A technique used by a player without the ball to force an opponent to take a different direction. The player must give the opponent time to see the pick and react to it. |
| Throw | The players stand one metre apart; the umpire, stands four to eight metres away, and throws the ball into the air and the players take it as they move toward the field. No other player can be within four metres of the players at the throw. |

Number of Players: Twelve players per team on the field at one time.

Equipment Required:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Ball x 1. • Field crosse's x number of players. • Goalkeeper's crosse x 2. | <ul style="list-style-type: none"> • Goalkeeper's helmet, face mask, and throat and chest protector x 2. • Mouth guards x number of players. |
|--|--|

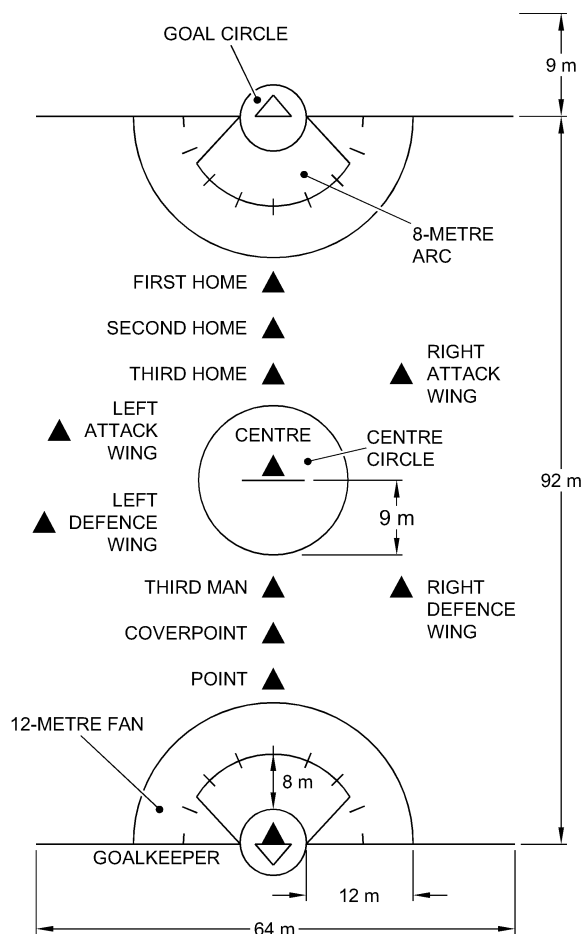
Basic Rules:

- The game is usually 60 minutes in length and is split into halves.
- The game begins with a draw with two opposing players toeing the centreline, holding their crosses in the air, parallel to the centreline. The umpire places the ball between the players and when they call ready the players pull their sticks up and away, lifting the ball into the air. All other players must be outside the centre circle for the draw.
- The team in possession of the ball attempts to score goals by advancing the ball down the field. This can be done by carrying, throwing, rolling, or batting it.
- If the ball goes out of bounds, it is given to the closest player. If two players of opposing teams are an equal distance from the ball, the game is continued with a throw.

LACROSSE (WOMEN'S RULES)

- Only one player can be in the goal circle at a time. This can only be the goalkeeper or the deputy.
- Within the goal circle, the goalkeeper must clear the ball within 10 seconds. This can be done with the goalkeeper's crosse or hands and body.
- After each goal, the ball is put back into play with a draw.

Further details on the sport of lacrosse can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 179-186.



The Sports Rules Book: Essential Rules for 54 Sports

Figure 5B-5 Lacrosse Field

RINGETTE (OFF ICE VERSION)

Objective: To get the ring in the opposing team's net, between the posts, and under the cross bar of the opponent's goal in order to obtain the most points at the end.

Scoring: One point for every time a player gets the ring in the opposing team's net.

Definitions: N/A.

Number of Players: Six players per team on the floor at one time.

Equipment Required:

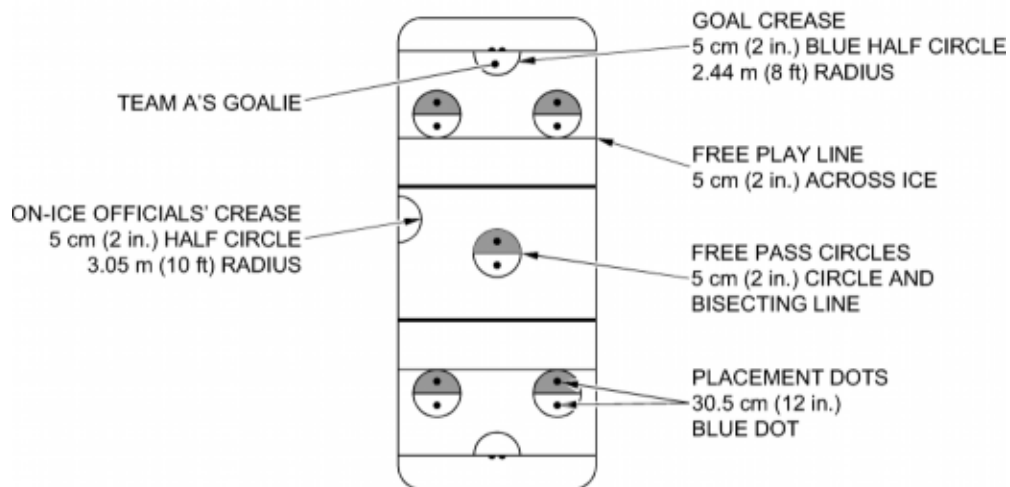
- | | |
|--|---|
| <ul style="list-style-type: none">• Nets x 2.• Safety equipment.• Rubber ring. | <ul style="list-style-type: none">• Straight sticks x number of players.• Goalkeeper's sticks x 2.• Goalkeepers mask. |
|--|---|

Basic Rules:

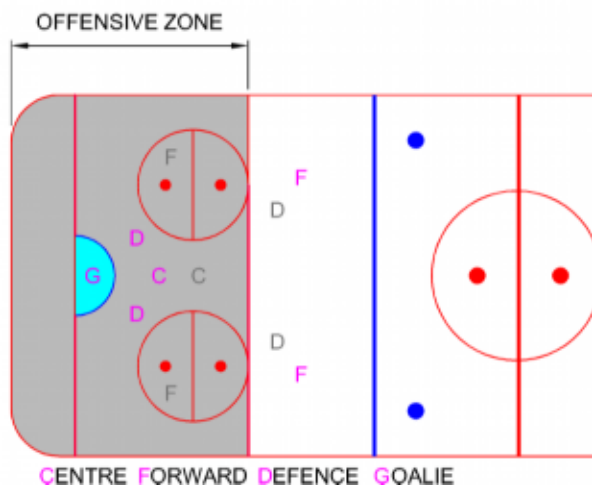
- Play begins with the visiting team being given a free centre free pass circle (which is like a face off circle in hockey).
- Teams consist of a goalkeeper/goalie, two defencemen, and three forwards.
- The ring is passed up the sporting venue similar to that in hockey in order to get the ring in the opposing team's goal.
- Free passes are used in ringette to restart play. The ring is placed in the free pass circle for this and one player gets to take possession, having five seconds to pass the ring to a teammate. Shots on goal are allowed from the free pass.
- The stick is placed inside the ring to play, not just on the outside like playing hockey.
- If the ring is within the goal crease the only player who is allowed to touch it is the goalie. The goalie usually will pick up the ring and throw it like a frisbee to a teammate but it cannot be thrown beyond the blue line. However, the goalie may also hit it with a stick or their foot.

Further details on the sport of ringette can be found at www.ringette.ca.

TEAM A'S DEEP DEFENSIVE ZONE



TEAM A'S DEEP OFFENSIVE ZONE



www.ringette.ca

Figure 5B-6 Ringette Ice/Sporting Venue

SOCCER

Objective: To pass the soccer ball into the opposing team's net, between the posts, and under the cross bar of the opponent's goal in order to obtain the most points at the end.

Scoring: One point is scored for every goal made into the opposing team's net, which completely crosses the goal line.

Definitions:

| | |
|----------------|---|
| Corner Kick | Awarded to the opposing team when players kick the ball over their own goal line. All opposing players must be at least 10 yards from the ball for a corner kick. |
| Dribble | To move the ball with the feet in a continuous motion by passing the ball from one foot to the other. |
| Foul | Results in a direct or indirect free kick for the opposing team at the spot where the foul occurred. |
| Goal Kick | Occurs when a player kicks the ball over the opposing team's goal line. The opposing team is awarded the goal kick. Opposing players must be outside the penalty box area; either the goalkeeper or another player may kick the ball. It must be kicked beyond the penalty box area to be put into play. The player who performs the goal kick cannot touch the ball again until another player has done so. |
| Heads the Ball | When a player hits the ball with their head. |
| Penalty Kick | Is awarded to a team when an opposing player commits an intentional foul. All players except the kicker and the goalkeeper must stand outside the penalty area, at least 10 yards from the ball. The goalkeeper must stand on the goal line and not move their feet until the kick is made. If a goal is not scored and the ball goes out of bounds after being touched by the goalkeeper, the attacking team gets a corner kick. |
| Throw-in | Is awarded to a team when the ball goes over the sideline and was last touched by an opponent. A player throws the ball in from over their head, keeping both feet on the ground while releasing the ball. At least part of each foot must be on or behind the sideline. |

Number of Players: Up to 11 players per team on the field at one time.

Equipment Required:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Soccer ball x 1. • Nets x 2. | <ul style="list-style-type: none"> • Field or gymnasium. |
|---|---|

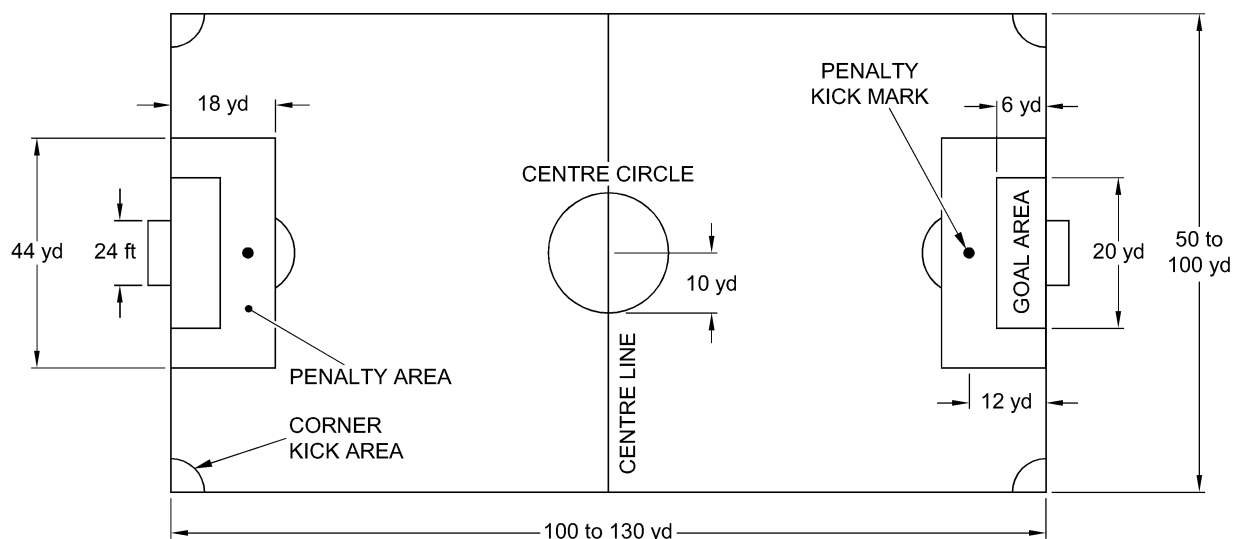
Basic Rules:

- The game consists of two 45-minute halves.
- The game begins with a kick off at the centre of the sporting venue.
- Teams consist of: the goalkeeper, defenders, midfielders, and forwards, or strikers.
- All players must be on their own half of the sporting venue before the kick off takes place. The player who kicks off may not touch the ball again until another player has.

SOCCER

- Players have to move the ball up the field with their feet, head, or chest. They may not touch the ball with their hands.
- The game continues in this manner, with players dribbling the ball and moving it toward the opposing teams goal in order to score.
- A goal may not be scored directly off a kick off, goal kick, or throw-in.

Further details on the sport of soccer can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 237-245.



The Sports Rules Book: Essential Rules for 54 Sports

Figure 5B-7 Soccer Field

SOCCER BASEBALL/KICKBALL

Objective: While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counterclockwise direction) and steps on all three bases and the home plate, which is also known as completing the circuit. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In that case the game will continue for additional innings until a team scoring an additional run breaks the tie (www.angelfire.lycos.com).

Scoring: One point is awarded as a member completes a circuit around the bases.

Definitions:

| | |
|----------------|---|
| Double | A hit in which the batter safely reaches the second base. |
| Double Play | When two outs are made on the same play. |
| Force Play | Occurs when a runner is forced to advance to the next base because the batter becomes a runner. |
| Foul Play | Any ball hit into foul territory. |
| Foul Territory | The area outside the foul lines. |
| Home Run | When a batter hits a fair ball over the fence or circles the bases on a ball that was hit inside the fence. |
| Lead Off | When a runner leads off a base before the ball has left the pitcher's hand. |
| Legal Touch | This results in an out, when a defensive player tags a runner with the ball while the runner is not on a base. |
| Out | An out can be given due to strikeout, force-out, tag-out, and fly-out. |
| Steal | When a runner attempts to steal a base during a pitch to the kicker. |
| Tag-up Rule | If the ball is caught in the air after the kicker has kicked it, the kicker is out. As well, other players who are on bases must touch the base they were on after the ball is caught before they can run to the next base. |

Number of Players: Eight players per team on the field at one time while not batting.

Equipment Required:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Soccer ball x 1. • Baseball/softball field or a gymnasium or field. | <ul style="list-style-type: none"> • Bases/pylons x 4. |
|--|---|

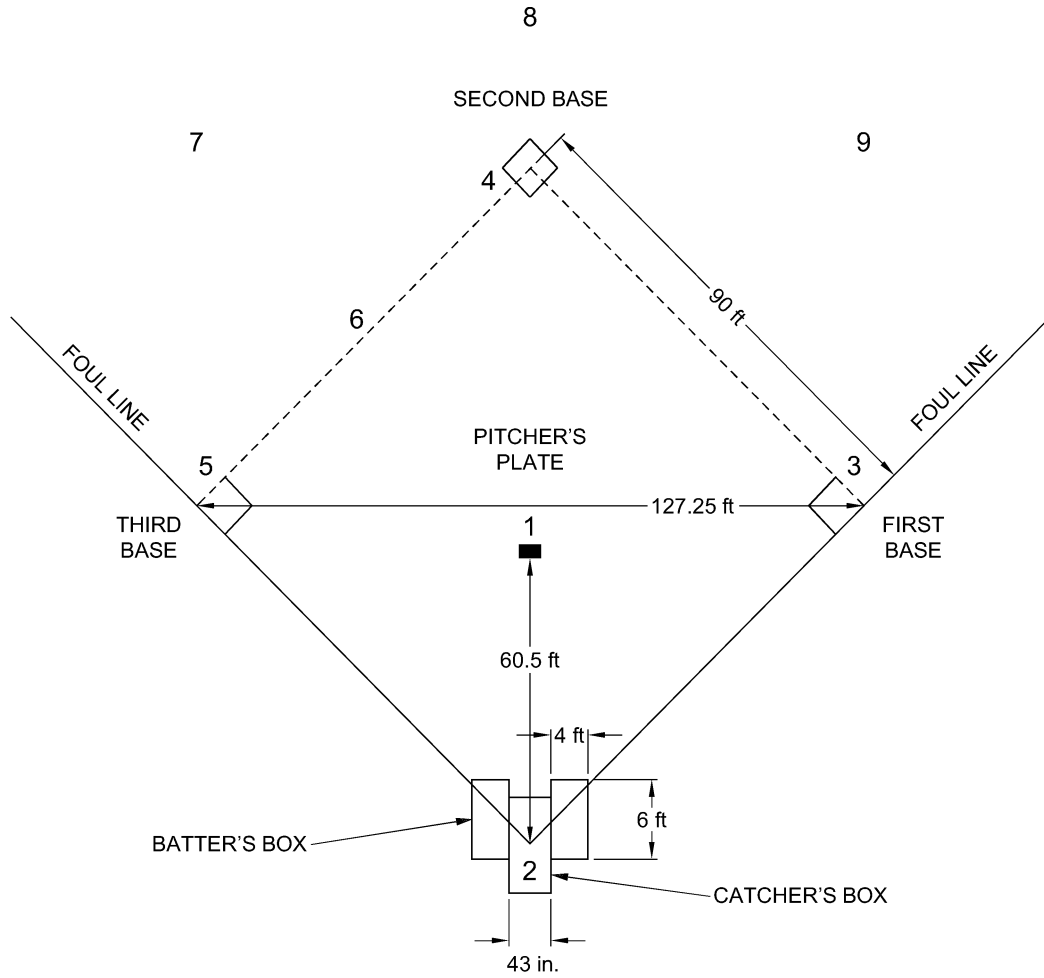
Basic Rules:

- The game consists of five innings, with three outs per inning (for each team).
- One team takes the field first, taking up the various positions, to include: pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, right fielder, and other fielders dependent on the number of players.

SOCCER BASEBALL/KICKBALL

- When pitching, the ball must touch the ground at least once and cannot be higher than one foot above the plate when it gets to the kicker. The ball should be pitched to roll as smoothly as possible.
- A ball is put into play once the pitcher rolls the ball toward home plate and the kicker has attempted to kick the ball.
- The kicker must wait for the ball to be within 3 ft of the home plate before they can attempt to kick the ball.
- Leading off and stealing of bases are not allowed.
- Bunts are not permitted.
- The kicker at home plate must kick the ball with the leg or foot, below the knee.
- Field players can tag the runner out while either carrying the ball or throwing it at the runner and making contact. Thrown balls are to hit below the waist.
- A runner who leaves their base before the pitch reaches home plate or is hit, is out and the ball is considered dead.

Further details on the sport of soccer baseball/kickball can be found at www.stanford.edu/group/Intramurals/kickballrules.html or www.kickball.com.



LEGEND

- 1. Pitcher
- 2. Catcher
- 3. First Baseman
- 4. Second Baseman
- 5. Third Baseman
- 6. Shortstop
- 7. Left Fielder
- 8. Centre Fielder
- 9. Right Fielder
- 10. Extra Fielder

The Sports Rules Book: Essential Rules for 54 Sports

Figure 5B-8 Baseball Diamond (Can Be Used for Soccer Baseball)

SOFTBALL

Objective: While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counterclockwise direction) and steps on all three bases and the home plate, which is also known as completing the circuit. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In that case the game will continue for additional innings until a team scoring an additional run breaks the tie (www.angelfire.lycos.com).

Scoring: One point is awarded as a member completes a circuit around the bases.

Definitions:

| | |
|----------------|--|
| Ball | A ball is when the pitch is not within the strike zone. |
| Bunt | When a batter hits the ball by letting the ball meet the bat to drop as a soft ground ball on the infield. |
| Double Play | When two outs are made on the same play. |
| Fake Tag | Is a form of obstruction of a runner by a fielder who neither has the ball nor is about to receive it. The umpire will award the runner the base they would have made, if the obstruction had not been made. |
| Fly Ball | A ball batted high into the air. |
| Fly-out | Is a fly ball that is caught before it touches the ground or the fence. |
| Force Play | Occurs when a runner is forced to advance to the next base because the batter becomes a runner. |
| Foul Play | Any ball hit into foul territory. |
| Foul Territory | The area outside the foul lines (see Figure 5B-9). |
| Home Run | When a batter hits a fair ball over the fence or circles the bases on a ball that was hit inside the fence. |
| Inning | An inning consists of a top and a bottom. During either the top or bottom half each team will get the opportunity to bat and field accordingly. |
| Interference | This occurs when an offensive player impedes or confuses a defensive player as they are trying to make a play. Interference can be physical or verbal. |
| Lead Off | When a run leads off a base in fast-pitch when the ball has left the pitcher's hand. In slow-pitch, a runner may not leave the base until the ball has been batted, touches the ground, or reaches home plate, but must return to the base if the ball is not hit. |
| Legal Touch | This results in an out, when a defensive player tags a runner with the ball while the runner is not on a base. |
| Out | An out can be given due to strikeout, force-out, tag-out, and fly-out. |
| Overslide | When a player overslides first base when running. It is allowed at first base, but at second and third base the runner may be tagged out. |

SOFTBALL

Steal In fast-pitch, a runner may attempt to steal a base during a pitch to the batter.

Walk A batter is awarded first base if a pitcher pitches four “balls”.

Number of Players: Ten players per team on the field at a time if team is not batting.

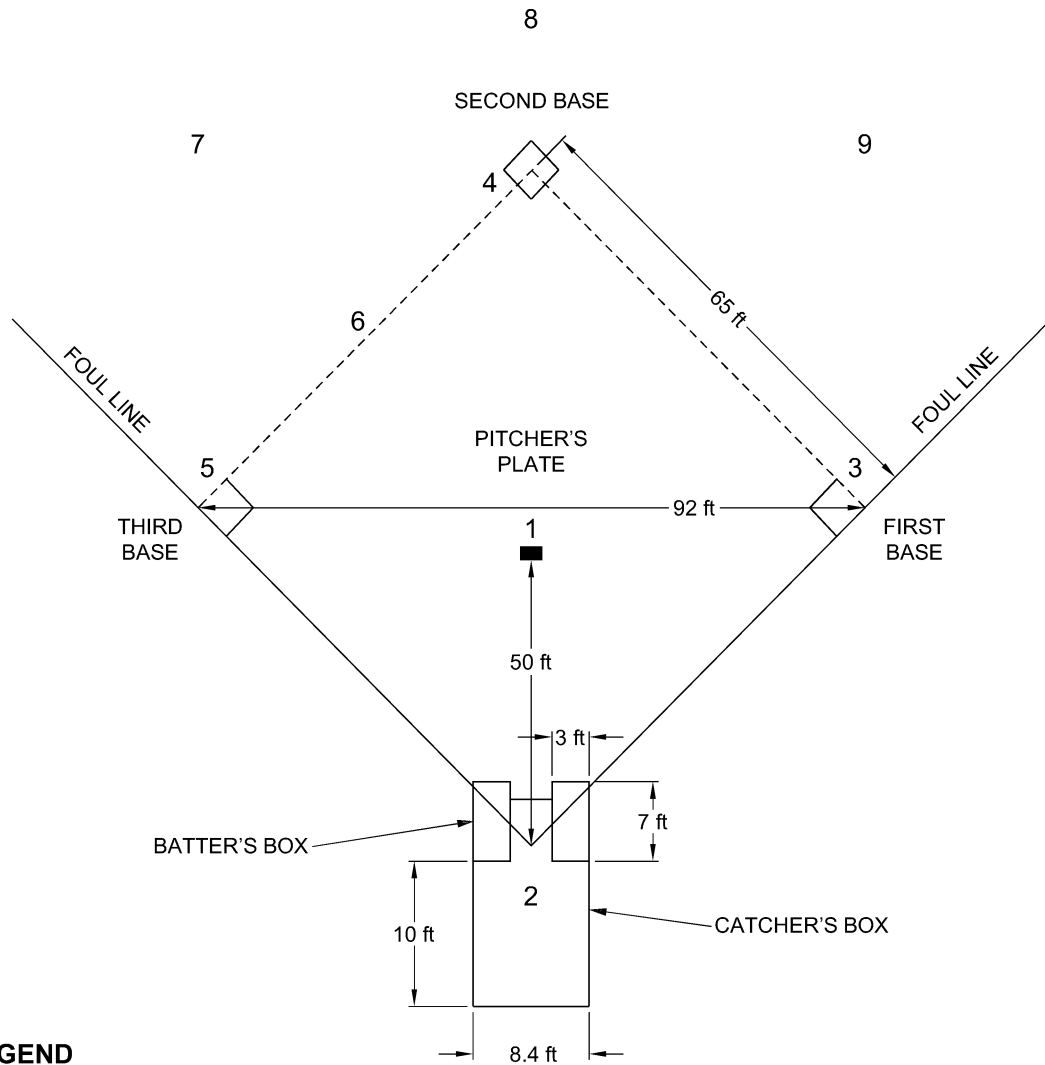
Equipment Required:

- | | |
|---|--|
| <ul style="list-style-type: none">• Bases x 4.• Bat.• Batter’s helmets. | <ul style="list-style-type: none">• Softball.• Various gloves x number of players.• Baseball/softball field. |
|---|--|

Basic Rules:

- The game consists of seven innings, with three outs per inning (for each team).
- One team takes the field first, taking up the various positions, to include: pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, right fielder, and extra fielder.
- The other team bats first in the top half of the inning, according to the batting order for their players.
- The pitcher attempts to get the batter out, preventing them from reaching first base and the subsequent bases.
- The pitcher **must** use an underhand pitch.
- A batter is out if they receive three strikes or if they hit the ball but it is caught by someone in the field before it hits the ground.
- The batters objective is to get around the bases without being tagged and before the ball reaches the base. A team scores a run when a player has safely touched first, second, and third base, and has made it back home or hits the ball over the fence.

Further details on the sport of softball can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 247-259.



LEGEND

- 1. Pitcher
- 2. Catcher
- 3. First Baseman
- 4. Second Baseman
- 5. Third Baseman
- 6. Shortstop
- 7. Left Fielder
- 8. Centre Fielder
- 9. Right Fielder
- 10. Extra Fielder

The Sports Rules Book: Essential Rules for 54 Sports

Figure 5B-9 Softball Field

ULTIMATE FRISBEE

Objective: To score by catching a pass in the opponent's end zone in order to obtain the most points at the end.

Scoring: Points are awarded to a team when a player catches a pass in the opponent's end zone. A typical game is scored to 15 points.

Definitions:

| | |
|----------|--|
| Clearing | To get out of the area where the thrower wants to pass the disc. |
| Cut | An attempt to get free of other players in order to receive a pass. |
| Force | To make it difficult for the thrower to throw the disc in a certain direction in an attempt to try to get them to pass it the other way. |
| Huck | A long pass that is nearly the length of the field and is high. |
| Layout | When a player dives to catch or intercept the disc. |
| Poach | When a defender moves away from their marker to try to intercept a pass to another player. |
| Swing | A lateral pass across the pitch, instead of upfield. |
| Switch | When two defenders exchange the offensive players they were marking. |

Number of Players: Seven players per team on the field at one time.

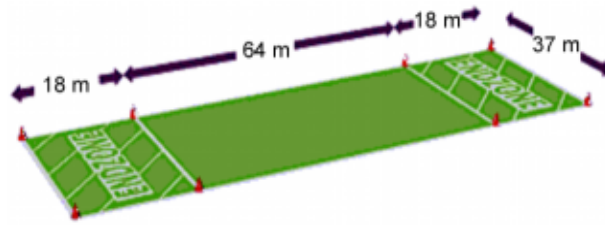
Equipment Required:

- | | |
|---|--|
| <ul style="list-style-type: none">• Plastic disc (frisbee) x 1. | <ul style="list-style-type: none">• Pylons to mark boundaries. |
|---|--|

Basic Rules:

- Each team lining up on the front of their respective end zone line initiates play. The defence throws the disc to the offence.
- The disc may be played in any direction by passing to teammates. Players must remain stationary when they hold the disc. It must be passed to other players on the field that is closer to the opponent's end zone.
- A player may not hold the disc for longer than 10 seconds. The defender who is guarding the player holding the disc (staller) must count out the stall count.
- When a pass is not completed due to out of bounds, being dropped, blocked or intercepted, etc., the defence takes possession of the disc and becomes the offence.
- To bring the disc back into play it must be brought to the point on the pitch where it went out, or the nearest point where a defender touched it.
- There is no physical contact allowed between the players.
- A throw can be made without stopping if it is within three steps of the catch. The thrower cannot change direction or speed up after catching the disc.

Further details on the sport of ultimate frisbee can be found at www.whatisultimate.com or www.upa.org/ultimate.



www.whatisultimate.com

Figure 5B-10 Ultimate Frisbee Field

VOLLEYBALL

Objective: To gain points by hitting the ball into the opposing team's portion of the court in order to obtain the most points at the end.

Scoring: One point is awarded every time the ball hits inside the boundary lines of the opposing teams court; the opponents are unable to return the serve within three hits; the opponents hit the ball out of bounds; or the opponents commit a fault or foul when the team was the serving team.

Definitions:

- | | |
|----------------|--|
| Attack Hit | A hit aimed into the opponent's court. |
| Attack Lines | These separate each side of the court into a front zone and a back zone. |
| Block | Occurs when one or more players stop the ball before, or just after, it crosses the net. |
| Rally | The exchange of hits back and forth between the teams. The team that wins the rally gets the serve. |
| Rotation Order | Each team has a rotation order that must be kept when it gains the serve. Each time it gains a serve, players rotate one position clockwise. |

Number of Players: Six players per team on the court at one time.

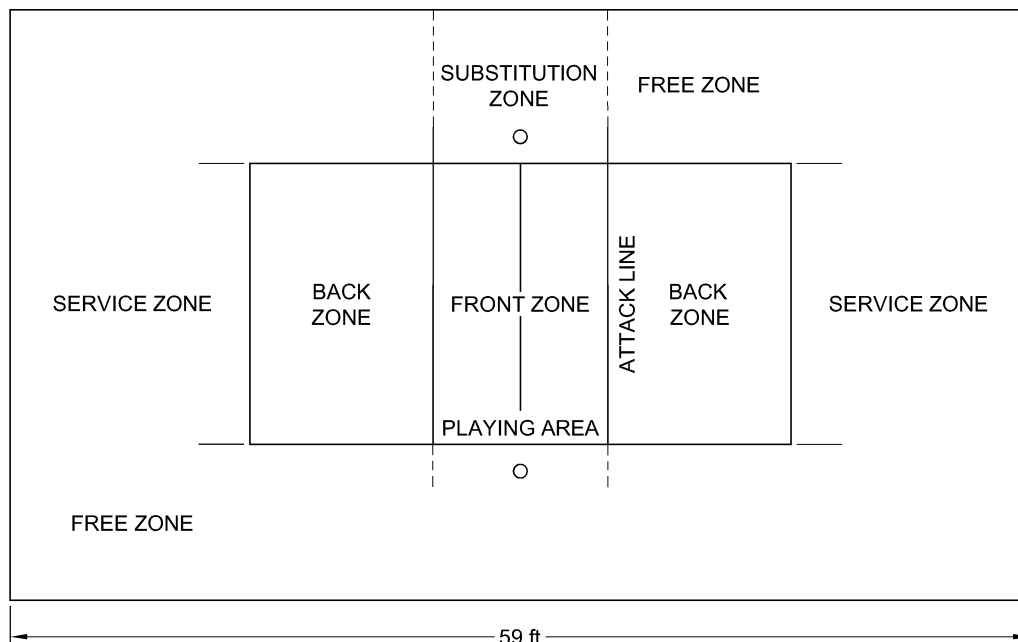
Equipment Required:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Volleyball x 1. • Volleyball net x 1. | <ul style="list-style-type: none"> • Volleyball court. |
|--|---|

Basic Rules:

- The game continues until a team scores 15 points and has a two-point advantage.
- The team has three players on the front of the court and three on the back of the court.
- Players may hit the ball with their hands clasped together and can strike the ball overhand, underhand, and with either an open or closed fist.
- One team will start the serving, the other receiving. A player retains the serve until the other team wins the right to serve.
- Upon completing the serve a team must rotate positions.
- The server may stand anywhere behind the end line to serve.
- A service fault occurs if the ball touches a player of the serving team; fails to pass through the crossing space over the net; touches the net or any other object; or lands out of bounds.
- Only the team, which serves, can score points.
- If the team that is serving stops their opponents from scoring, they are then awarded the serve.
- Each team has three hits in order to get the ball over the net to return the ball. This is in addition to blocking.
- A ball may still be in play if it touches the net, except on the serve.

Further details on the sport of volleyball can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 325-334.


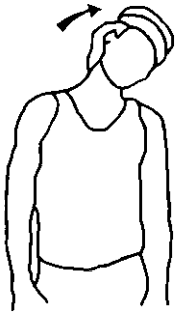
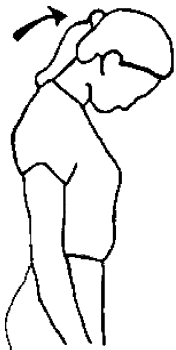


The Sports Rules Book: Essential Rules for 54 Sports



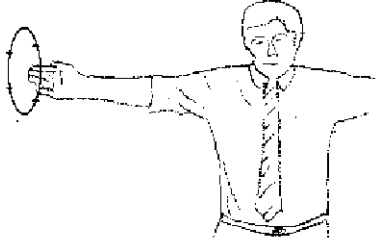
Figure 5B-11 Volleyball Court

SAMPLE STRETCHES


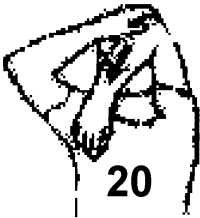
Neck

| | |
|--|---|
|  <p>A line drawing of a person's head and neck from a front-three-quarter view. An arrow points from the nose to the left shoulder, indicating the direction of the stretch.</p> <p>www.womensheart.org/content/Exercise/stretching_exercise.asp</p> <p>Figure 5C-1 Neck Stretch</p> | <p>Slowly stretch your neck so your head turns toward your left shoulder, hold. Repeat on opposite side. Hold for 10 to 30 seconds.</p> <p>There should be no swivelling motion of the neck.</p> |
|  <p>A line drawing of a person's head and neck from a front view. An arrow points from the top of the head towards the left shoulder, indicating the direction of the stretch.</p> <p>www.womensheart.org/content/Exercise/stretching_exercise.asp</p> <p>Figure 5C-2 Neck Stretch</p> | <p>Slowly stretch your neck so your head tilts toward your left shoulder, hold. Repeat on opposite side. Hold for 10 to 30 seconds.</p> <p>Drop your head toward your chest, stretching the back of your neck. Hold for 10 to 30 seconds.</p> |
|  <p>A line drawing of a person's head and neck from a side view. An arrow points from the top of the head towards the chest, indicating the direction of the stretch.</p> <p>www.womensheart.org/content/Exercise/stretching_exercise.asp</p> <p>Figure 5C-3 Back of Neck Stretch</p> | <p>Drop your head toward your chest, stretching the back of your neck. Hold for 10 to 30 seconds.</p> |

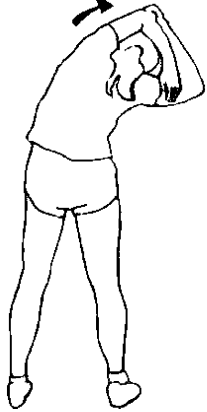
Shoulders

| | |
|---|--|
|  <p>www.walkablock.com/stretch2.gif Figure 5C-4 Shoulder Push</p> | <p>Stand, extend your arms down and behind, and interlock your fingers. Push up and back with your shoulders. Hold for a minimum of 10 seconds.</p> |
|  <p>www.shelterpub.com/_fitness/online_stretches.gif Figure 5C-5 Shoulder Shrugs</p> | <p>Stand and raise your shoulders as high as possible and then lower your shoulders, stretching your neck. Pull your shoulders back as far as possible and then round your shoulders forward by pulling your arms forward as far as possible. Hold each movement for approximately 10 seconds.</p> |
|  <p>www.eeshop.unl.edu Figure 5C-6 Arm Rotators</p> | <p>Hold arms straight out from your sides, palms up. Bring each arm under and around using small circles and gradually increasing the size of the circles. Reverse and repeat.</p> |
| <p>Shoulder Stretch – No Diagram</p> | <p>Standing or sitting, take your right arm in your left hand and bring it across the chest, supporting the joint by holding it behind the elbow. Pull lightly on the elbow toward the chest. You should feel the stretch in your right shoulder. Hold for 30 seconds, switch sides, and repeat on both sides.</p> |

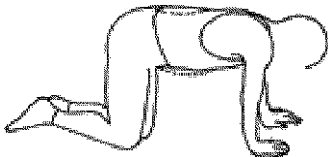


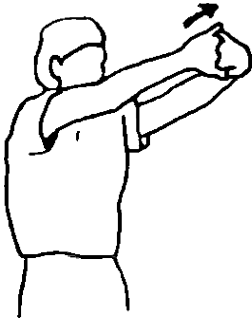
Arms

| | |
|---|--|
|  <p>www.shelterpub.com/_fitness/online_stretches.gif Figure 5C-7 Wrist Rotations</p> | <p>Rotate your hands around in circular motions from the wrist. Rotate and repeat in each direction.</p> |
|  <p>www.walkablock.com/stretch2.gif Figure 5C-8 Triceps Stretch</p> | <p>Stand and bring your right arm overhead, flexed at the elbow. Use your left hand to gently pull the arm down. Hold for a minimum of 10 seconds and relax. Reverse arms and repeat.</p> |
| <p>Forearm Stretch – No Diagram</p> | <p>Kneel down with toes bent and place your hands on the floor in front of you with your fingers facing your knees, thumbs pointed out. While keeping your hands flat on the floor, lean back. Hold for 30 seconds and repeat.</p> |

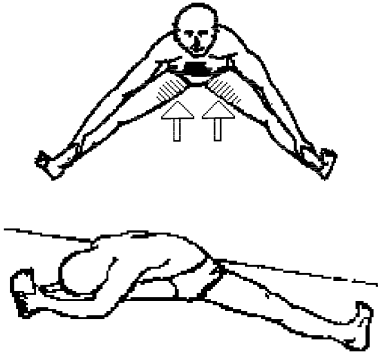
Chest and Abdominals

| | |
|---|--|
| <p>Chest Stretch – No Diagram</p> | <p>Stand facing a wall. Reach an arm out to the wall at shoulder height with palm against the wall and thumb up, arm extended straight. Turn your body away from your extended arm. You should feel the stretch on the front side of your armpit and across the front of you chest. Hold for 30 seconds, switch sides, and repeat on both sides.</p> |
|  <p>www.womensheart.org/content/Exercise/stretching_exercise.asp</p> <p>Figure 5C-9 Side Stretch (Oblique)</p> | <p>Stand with your left arm up and bend at the waist to the right side of the body. Support your elbow with your opposite hand. Hold for 20 seconds. Reverse sides and repeat on both sides.</p> |

Back

| | |
|---|--|
|  <p>www.losethebackpain.com Figure 5C-10 Full Back Stretch</p> | <p>On your hands and knees, stretch the back upward and hold at its highest point for approximately 10 seconds. Return to starting position. Repeat.</p> |
|  <p>www.roadcycling.com/artman/upload/stretch.es.jpg Figure 5C-11 Lower Back Stretch</p> | <p>Lie on your back and bring your knees toward your chest. Hold just under your knees. Hold for 30 seconds and repeat.</p> |
|  <p>www.roadcycling.com/artman/upload/stretch.es.jpg Figure 5C-12 Back Stretch</p> | <p>Lie on your back with arms extended above your head. Cross your left leg over your right at hip level, keeping it straight. Keep your shoulders flat on the ground. Return to starting position, reverse, and repeat on both sides. Hold each position for 10 to 30 seconds.</p> |
|  <p>www.womensheart.org/content/Exercise/stretching_exercise.asp Figure 5C-13 Upper Back Stretch</p> | <p>Extend arms straight in front of you at shoulder height. Intertwine your fingers, then turn your palms facing outward (away from your body). Press out through your arms. Let your chin fall to your chest as you exhale. You should feel the stretch in the upper back. Hold for 30 seconds and then repeat.</p> |

Hip and Groin

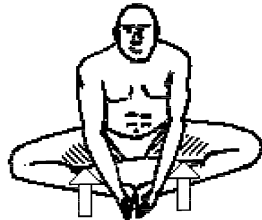


www.spineuniverse.com

Figure 5C-14 Hip and Groin Stretch

Sit on the floor with legs straight and spread apart as far as you can comfortably. With your back straight, lean forward as far as possible trying to push your chest toward the floor. Hold for 30 seconds.

Twist your body to face your right/left foot with your body over your right/left leg respectfully. Push your chest toward your knee, holding for 30 seconds. Switch sides; hold each position for 30 seconds. Repeat each movement.



www.spineuniverse.com

Figure 5C-15 Hip and Groin Stretch

Sit on the floor with your knees bent out and the soles of your feet together.

Grab your toes and pull yourself forward while keeping your back and neck straight. Ensure you pivot from your hips and don't roll your back. Hold for 30 seconds and repeat.

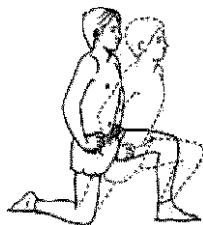
Grab your ankles and push your knees down toward the floor with your elbows. Hold for 30 seconds and repeat.



www.womensheart.org/content/Exercise/stretching_exercise.asp

Figure 5C-16 Hip Stretch

While sitting on the floor in an upright position and legs out in front of you, bend your right knee, crossing it across your left leg, and place your left elbow against it. Place your right hand on the floor behind you while twisting your upper body. You must be cautious to keep your back straight. Hold for 20 to 30 seconds, switch sides, repeat on both sides.

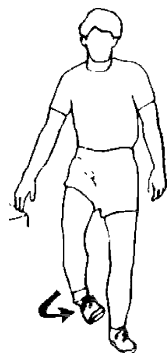


www.roadcycling.com/artman/upload/stretches.jpg

Figure 5C-17 Hip Flexor

Kneel on your right knee. Place your left foot in front of you, bending your knee and placing your left hand on that leg for stability. Place your right hand on your right hip to avoid bending at the waist. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You'll feel a stretch in the front of the hip and thigh of the leg you're kneeling on. Cushion your kneecap with a folded towel. Hold the stretch for 30 seconds. Repeat the stretch on your left side.

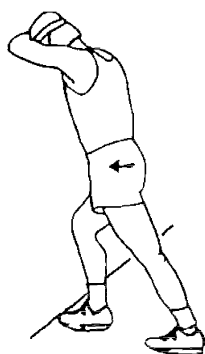
Legs



www.womensheart.org/content/Exercise/stretching_exercise.asp

Figure 5C-18 Ankle Rotations

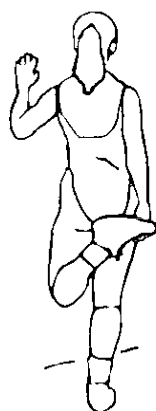
From a standing position, rotate your foot in a clockwise and then counterclockwise direction. Switch sides and repeat on both sides.



www.womensheart.org/content/Exercise/stretching_exercise.asp

Figure 5C-19 Calf Stretch

Take three steps away from a wall. Turn around and face the wall. Stand straight, with toes, hips, and shoulders all facing the wall. Step with your right leg in toward the wall, bending your right knee and keeping your left leg straight. Extend arms out; with palms forward, reach out to the wall and let your body fall toward the wall, arms straight. Keep toes forward and heels down. Lean your body into the wall with your left leg straight behind your body. You should feel the stretch in your left calf. Hold 30 seconds, switch sides, repeat on both sides.



www.womensheart.org/content/Exercise/stretching_exercise.asp

Figure 5C-20 Quadriceps Stretch

Stand straight with toes, hips and shoulders all facing forward. Lift your left foot off the ground, bending the knee as if you're trying to kick your bottom with your heel. Stand straight, do not lean forward at the hips. Grab and hold your ankle with your left/right hand and keep standing straight. You should feel this stretch in your left thigh. Hold 30 seconds, switch sides, and repeat on both sides.



www.womensheart.org/content/Exercise/stretching_exercise.asp

Figure 5C-21 Hamstring Stretch

Sit on the floor with your back straight and your right leg extended forward. Bend your right knee. Extend the arms forward and lean forward (back straight) slowly until you feel an easy stretch. Repeat several times and reverse sides. Hold for 10 to 30 seconds.

For more stretches, consult the following Websites:

- www.womensheart.org
- www.walkablock.com
- www.shelterpub.com
- www.eeshop.unl.edu
- www.losethebackpain.com
- www.roadcycling.com
- www.spineuniverse.com

TYPES OF TOURNAMENTS

Ladder Tournament

- The ladder tournament is based on a draw.
- A ladder with spaces on it will record the progress of the tournament. The names of competitors are printed and placed on the ladder in the order of the draw.
- The following rules must be applied as the tournament progresses:
 - Each contestant is permitted to challenge the player above them, up to a maximum of three above.
 - If the challenger wins, or if the challenge is not accepted within a given amount of time, the tags are interchanged, with the challenger moving up the ladder.
 - Organizers may have to modify rules slightly to suit the nature of the competition; however, all parties should be aware of the modifications prior to commencement of the tournament.
- If the number of entries is too large to accommodate on one ladder, more than one can be used, with competitors moving from the junior ladder up. In this situation, the rules are as follows:
 - A player who wishes to enter the competition must challenge the player at the bottom of the lowest ladder.
 - Upon reaching the top of the ladder, the competitor can then challenge the bottom player of the next ladder.

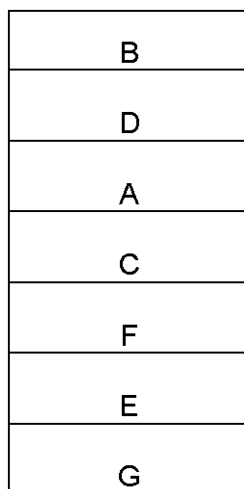


Figure 5H-1 Ladder Tournament

Pyramid Tournament

- The pyramid tournament is based on a draw.
- The board is set up in the form of a pyramid, with one player at the top, two in the next row, and so forth. The names of competitors are printed and placed on the pyramid in the order of the draw.
- Each competitor or team is able to challenge anyone in the row above them.
- If a challenger wins, they switch positions with the competitor they challenged.
- If the challenger wins, or if the challenge is not accepted within the given timeframe, the tags are interchanged.
- Organizers may have to modify rules slightly to suit the nature of the competition, but all parties should be aware of all modifications prior to commencement of the tournament.

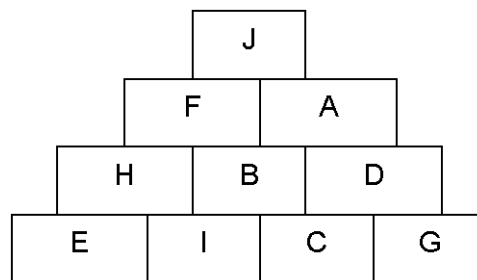


Figure 5H-2 Pyramid Tournament

Single Round-Robin Tournament

- Every competitor, either team or individual, will play each other once.
- The maximum amount of entries should be eight. Otherwise some form of preliminary elimination round may need to be held to bring the number of entries down to eight.
- The number of games required to be completed is calculated by multiplying the number of entries by the same number minus one, then divided by two.

Example: Number of Teams = 8

$$\text{Number of Games} = (8 \times [8 - 1]) \div 2 = 28 \text{ games}$$

- Methods of Draw
 - To arrange the rounds and the games scheduled for an even number of entries, keep the first entry constant and rotate the rest in the following manner:

| Round 1 | Round 2 | Round 3 | Round 4 | Round 5 |
|---------|---------|---------|---------|---------|
| 1-6 | 1-5 | 1-4 | 1-3 | 1-2 |
| 2-5 | 6-4 | 5-3 | 4-2 | 3-6 |
| 3-4 | 2-3 | 6-2 | 5-6 | 4-5 |

Note: The number of rounds for an even number of entries equals the number of entries minus one. As per the example, there are five rounds for six teams.

- To arrange the rounds and games schedule for an uneven number of entries, give each contestant (team or individual) a bye in one round of play, and rotate the remaining entries, in the following manner:

| Round 1 | Round 2 | Round 3 | Round 4 | Round 5 |
|---------|---------|---------|---------|---------|
| 5-bye | 4-bye | 3-bye | 2-bye | 1-bye |
| 1-4 | 1-3 | 1-2 | 1-5 | 3-5 |
| 2-3 | 5-2 | 4-5 | 3-4 | 2-4 |

Note: The number of rounds for an uneven number of entries is the same as the number of entries.

Single Elimination Tournament

- This type of tournament is the quickest way of determining a winner.
- Important terminology to understand include the following:
 - **Round (Series).** The part of the competition during which each participant or team meets one of the opponents according to a draw.
 - **Bye.** When a participant or team moves into the next round of the competition without participating in the previous round.
 - **Walk-over (or Win by Default).** When a participant wins without competing because their opponent failed to appear for the competition; no participant in a competition should have a bye immediately followed by a walk-over or two consecutive walk-overs.
 - **Bagnall-wild Tournament.** This is used in connection with a single elimination in order to decide the second and third place winners. The two losers in the semi-finals play off, and the winner then meets the loser of the finals. This winner is then given the second place and the loser is given third place.
- The single elimination tournament is based on the following principles:
 - Each entrant is eliminated after the first defeat.
 - The number of entries is not limited.
 - When the number of entries is not a power of two, it is necessary to have a number of byes. All byes must be given in the first round so that the number of entries remaining in the subsequent rounds are always a power of two.
 - In computing the number of byes, the number of entries is subtracted from the next highest power of two, for example:
 - 11 entries = 5 byes ($16 - 11 = 5$)
 - 6 entries = 2 byes ($8 - 6 = 2$)
 - 21 entries = 11 byes ($32 - 21 = 11$)
 - Competitors drawing a bye in the first round shall be the first to compete in the second round.
 - No competitor may receive a bye in the first round and a walk-over in the second round or two consecutive walk-overs. Should such a situation arise, a fresh draw shall be made of the opponents for those competitors who have already received a bye or walk-over in the preceding round.
 - The number of games required to complete the schedule equals the number of entries minus one.
 - The following elements should be adhered to when making the draw:
 - Draw up the skeleton plan.
 - Draw the names out of the hat and place them in the order of the draw.
 - If seeded players are competing, first place them in each section of the draw so that they may be expected to reach the semi or quarter finals without meeting another seeded player before drawing the remaining positions out of the hat. Seeded players are known to the tournaments and are placed in a position where they are expected to do well.

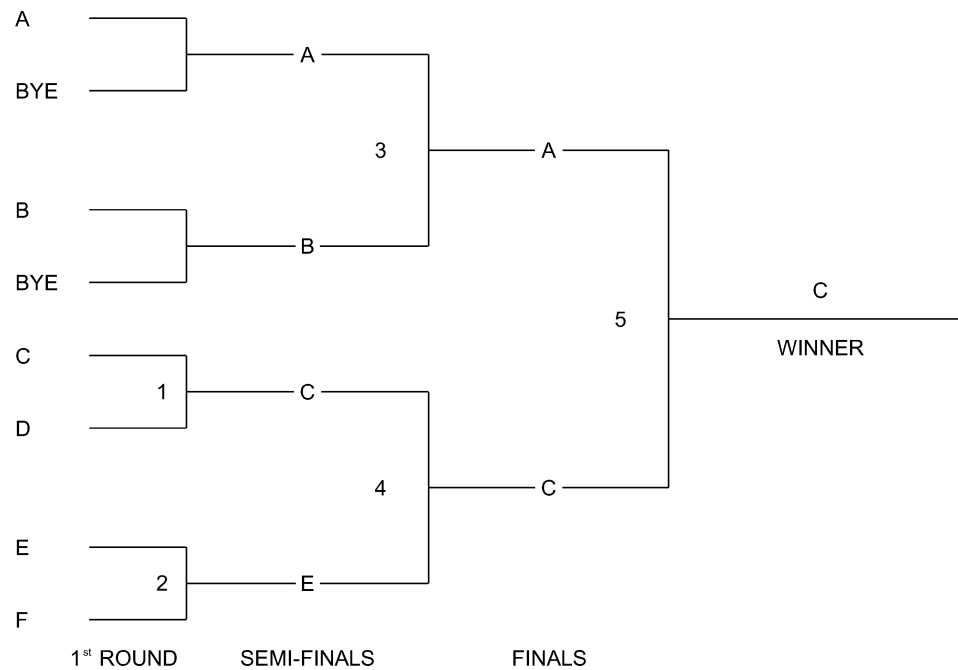


Figure 5H-3 Single Elimination Tournament

Double Elimination Tournament

- This type of tournament is longer than the single elimination tournament, as entrants are eliminated only after their second defeat.
- This type of tournament is organized in the same manner as a single elimination tournament with the added variance of a B table being created. As a team loses a game it becomes entered into the corresponding slot in the B table. Teams losing in the first round, which is where all members start, become placed in the first round of the B table. Players losing in the second round of the A table get placed in the second round of the B table.
- Byes are allotted in the first round and odd man entries into the B table move into the next round of the B table.
- Doubling the number of entrants and subtracting one determines the maximum number of games for a double elimination tournament

(Team number x 2) - 1 = maximum as per the example below.

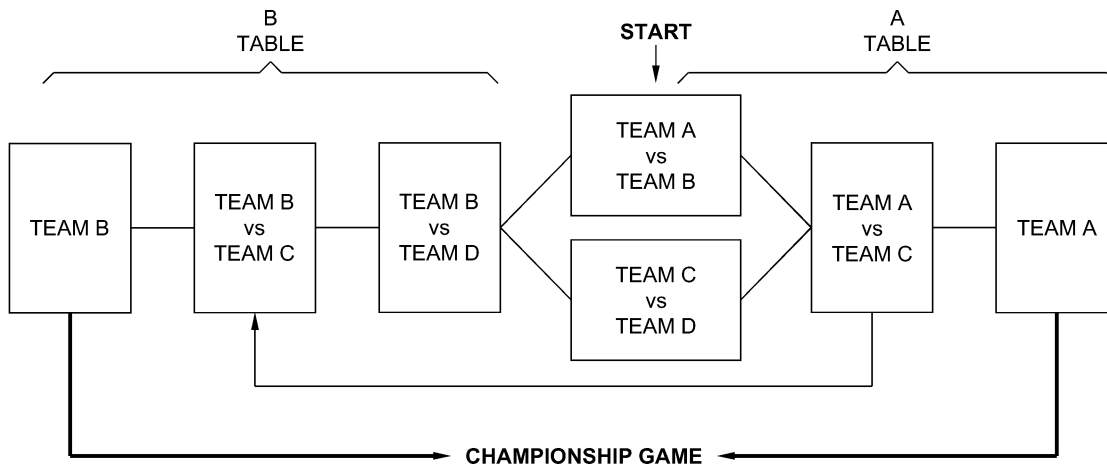


Figure 5H-4 Double Elimination Tournament Example

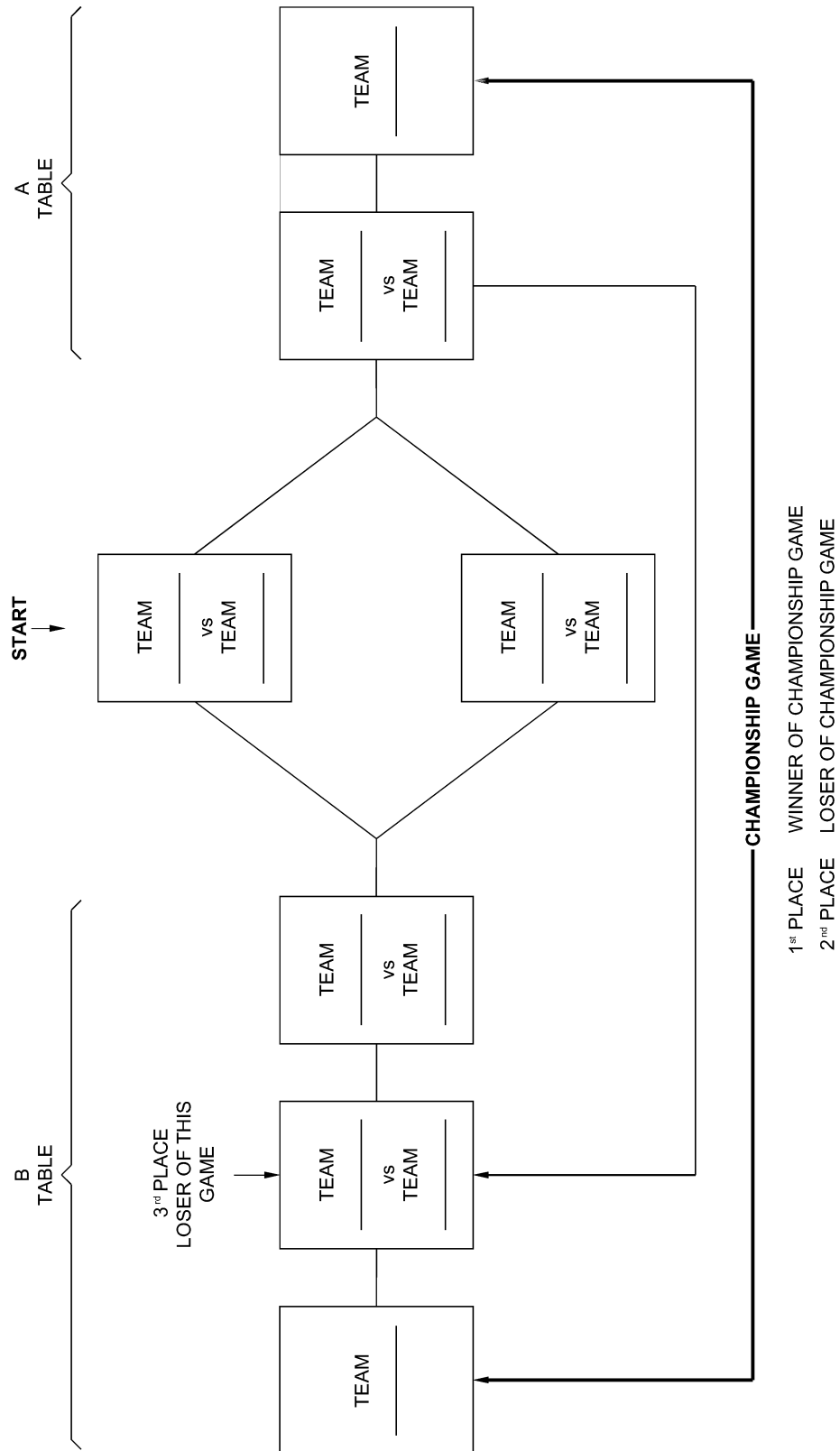
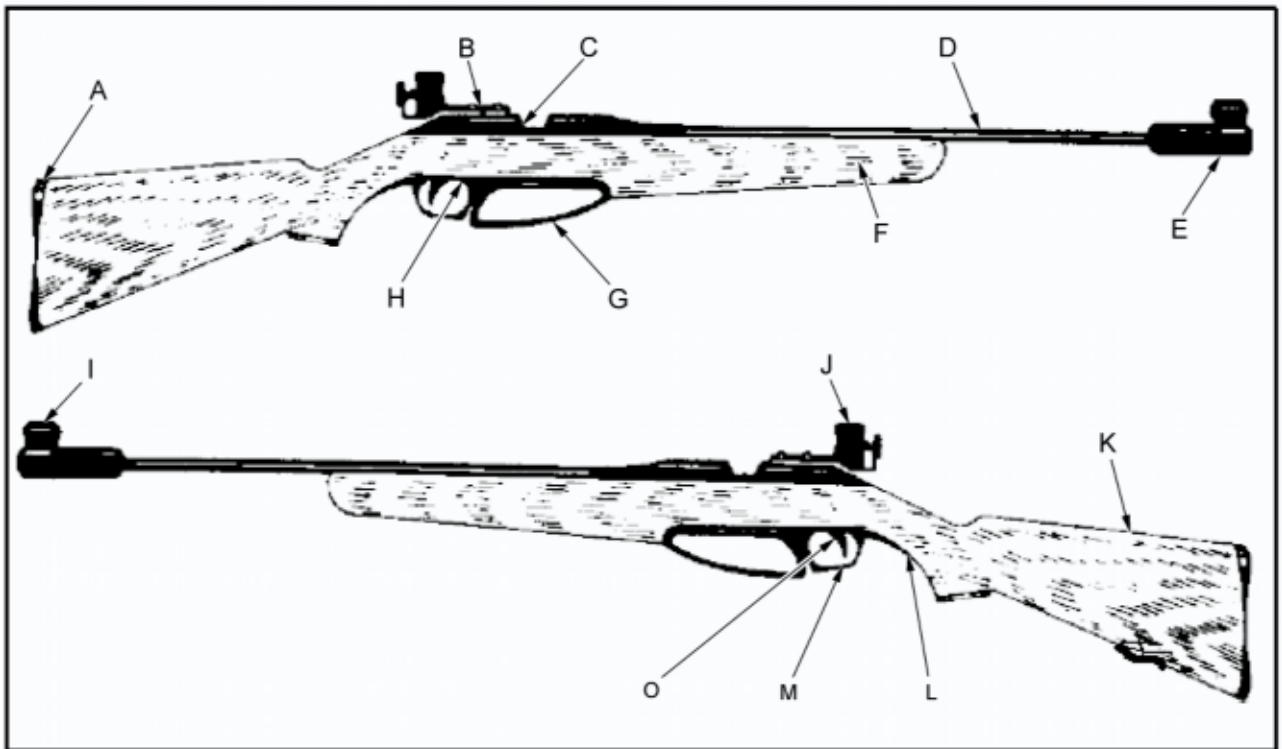


Figure 5H-5 Double Elimination Tournament

PARTS AND CHARACTERISTICS OF THE CADET AIR RIFLE



Put the letter next to the matching name of the part of the cadet air rifle.

- | | | | |
|----------------------|-------|-------------------|-------|
| 1. Feed Track | _____ | 8. Safety Catch | _____ |
| 2. Small of the Butt | _____ | 9. Muzzle | _____ |
| 3. Barrel | _____ | 10. Pump Lever | _____ |
| 4. Fore End | _____ | 11. Front Sight | _____ |
| 5. Rear Sight | _____ | 12. Trigger Guard | _____ |
| 6. Trigger | _____ | 13. Butt Plate | _____ |
| 7. Bolt | _____ | 14. Stock | _____ |

RANGE COMMANDS

| Command | Action |
|--|---|
| "Cover off your firing point" | Stand up, move behind the firing point and await further commands. |
| "Place your equipment down and stand back" | Lay the equipment down on the mat and stand back when finished. |
| "Adopt the prone position" | Adopt the prone position, pick up the rifle, ready the equipment and put on hearing and eye protection. |
| Type of firing – "G.R.I.T." | This command includes information about the range and type of firing, i.e. Relay No._____, 10 metres, 5 rounds, Grouping, On Your Own Time. |
| "Relay, load, commence firing" | <ol style="list-style-type: none"> 1. Pick up and hold the rifle with the left hand. 2. Ensure the safety catch is in the ON position. 3. Pump the rifle. 4. When the pump lever is fully extended, pause for about 3 seconds. 5. Load the pellet. 6. Close the bolt. 7. Place the safety catch in the OFF position; aim the rifle at the target. 8. Squeeze the trigger. 9. Open the bolt. 10. Repeat the sequence for each shot. 11. Place the safety catch in the ON position and partially open the pump lever immediately after firing the practice. 12. Lay down the rifle. |
| MAY BE GIVEN | |
| "Relay, cease fire" | Stop firing immediately, put the safety catch in the ON position and lay the rifle down. |
| "Relay, resume fire" | Put the safety in the OFF position and continue the practice. |

| Command | Action |
|---------------------------------|---|
| "Relay, unload" | <ol style="list-style-type: none"> 1. Pick up the rifle. 2. Remove the five-pellet clip if used. 3. Open the bolt. 4. Pump the rifle. 5. Close the bolt. 6. Place the safety catch in the OFF position. 7. Aim rifle at target. 8. Pull the trigger. 9. Place safety catch in the ON position. |
| "Relay, prepare for inspection" | <ol style="list-style-type: none"> 1. Open the bolt. 2. Open the pump lever 5 to 8 cm. 3. Place rifle on shoulder, muzzle pointed down range. 4. Wait to be cleared by the RSO. 5. Lay the rifle down. 6. Remove your hearing and eye protection. |
| "Relay, stand up" | Stand up and leave the equipment on the ground. |
| "Change targets" | Move forward, walk down the lane to remove old targets and replace them with new ones. Return to the firing point. |
| "Change relays" | Cadets who have just fired pick up their personal equipment and move off the firing point. The new relay covers off behind the firing point. |

A-CR-CCP-177/PT-001, Cadet Marksmanship Program Reference Manual

RANKS OF THE CANADIAN ARMY

| NON-COMMISSIONED MEMBERS | | | |
|---------------------------------|------------------------------|-----------------------------|----------------|
| | | | |
| PRIVATE (Pte) | CORPORAL (Cpl) | MASTER CORPORAL (MCpl) | SERGEANT (Sgt) |
| | | | |
| WARRANT OFFICER (WO) | MASTER WARRANT OFFICER (MWO) | CHIEF WARRANT OFFICER (CWO) | |
| SUBORDINATE AND JUNIOR OFFICERS | | | |
| SUBORDINATE OFFICER | JUNIOR OFFICERS | | |
| | | | |
| OFFICER CADET (OCdt) | SECOND LIEUTENANT (2Lt) | LIEUTENANT (Lt) | CAPTAIN (Capt) |
| SENIOR OFFICERS | | | |
| | | | |
| MAJOR (Maj) | LIEUTENANT-COLONEL (LCol) | COLONEL (Col) | |
| GENERAL OFFICERS | | | |
| | | | |
| BRIGADIER-GENERAL (BGen) | MAJOR-GENERAL (MGen) | LIEUTENANT-GENERAL (LGen) | GENERAL (Gen) |

Figure 7A-1 Ranks of the Canadian Army

UNIFORM PIECES

| | | | |
|-----------------------------|------------------------|------------------------|----------------------|
| Beret | Green Cotton T-shirt | Black Gloves and Mitts | Running Shoes |
| Cap Badge | Turtleneck Sweater | Name Tag | Grey Wool Socks |
| Wide-brimmed Tan Summer Hat | Jacket and Jacket Belt | Trousers | Corps Shoulder Badge |
| Toque | All-season Jacket | Black Belt | Pte Rank Badge |
| Short Sleeve Shirt | Rank Slip-ons | Grey Sports Shorts | |
| Necktie | Grey Sports T-shirt | Boots | |

**ROYAL CANADIAN ARMY CADET UNIFORMS - NUMBERED DRESS
UNIFORMES DES CADETS ROYAUX DE L'ARMÉE CANADIENNE - TENUES NUMÉROTÉES**

| Ceremonial Dress / Tenue de cérémonie C1 | |
|---|---|
| COMPOSITION | COMPOSANTES |
| <p>Beret, shirt with necktie, jacket, trousers with belt, boots.</p> <ul style="list-style-type: none"> • Worn with medals on the jacket • When medals are worn, no pin is worn on the pocket • Name tag may be worn on the jacket at the discretion of the Corps CO • Cadet MWOs/WOs/Sgts may wear a sash. • When medals are worn, the cadet may elect to wear the sash over the medals or not wear the sash. • Guards, bands and other parade appointments may wear ceremonial webbing and gloves while on parade. <p>OCCASION OF WEAR</p> <ul style="list-style-type: none"> • formal ceremonies or parades in all seasons, • guard of honour, • church services or parades, • funerals, and • other occasions as ordered. | <p>Bérêt, chemise avec cravate, veste, pantalon avec ceinture, bottes.</p> <ul style="list-style-type: none"> • Porté avec les médailles sur la veste • Lorsque des médailles sont portées, aucune épinglette n'est portée sur la poche • La plaquette d'identité peut être portée sur la veste à la discrétion du cmdt du corps de cadets • Les cadets adjum, adj et sgt peuvent porter l'écharpe. • Lorsque les médailles sont portées, le cadet peut choisir de porter l'écharpe par-dessus les médailles ou de ne pas porter l'écharpe. • Les gardes, les fanfares et autres positions de parade peuvent porter la ceinture de cérémonie et les gants. <p>OCCASIONS DE PORT</p> <ul style="list-style-type: none"> • cérémonies ou parades officielles en toute saison, • gardes d'honneur, • cérémonies et processions religieuses, • funérailles, et • autres occasions selon les ordres reçus. |

| Routine Training Dress (shirt) / Tenue courante pour l'entraînement (chemise) | |
|---|---|
| C2 | |
| COMPOSITION | COMPOSANTES |
| <p>Beret, shirt cadet short sleeve, cadet jacket, trousers with belt, boots ankle. May be worn with or without the tie.</p> <ul style="list-style-type: none"> • undress ribbons must be worn. • tie or open necked as directed. If open necked order of dress is worn, shirt collar will be outside and over jacket collar. • Cadet MWOs/WOs/Sgts may wear a sash provided it respects the traditions of the affiliated unit. • Nametag may be worn at the discretion of the Corps CO. <p>OCCASIONS OF WEAR</p> <ul style="list-style-type: none"> • Normal dress for duty in all seasons. • Routine parades or ceremonies in all seasons. • Appropriate cadet social functions. • Must be worn while travelling to and from the CSTC. • Other occasions when ordered. | <p>Bérêt, chemise, veste, pantalon avec ceinture, bottes. Peut être porté avec ou sans la cravate.</p> <ul style="list-style-type: none"> • Les rubans de médailles doivent être portés. • cravate ou col ouvert tel qu'ordonné. Si la tenue est avec col ouvert, le collet de la chemise sera porté par-dessus le collet de la veste. • Les cadets adjum, adj et sgt peuvent porter l'écharpe si cela rencontre les traditions de l'unité d'affiliation. • Plaquette d'identité peut être portée à la discrétion du cmdt de cadets. <p>OCCASIONS DE PORT</p> <ul style="list-style-type: none"> • Tenue habituelle pour l'entraînement en toute saison. • Rassemblements routiniers ou cérémonies à toutes les saisons. • Fonctions sociales appropriées pour cadets. • Doit être porté lors de l'allée et du retour du CIEC. • Autres occasions selon les ordres reçus. |

| Routine Training Dress (shirt) / Tenue courante pour l'entraînement (chemise) | |
|--|---|
| C2A | |
| COMPOSITION | COMPOSANTES |
| <p>Same as C-2 duty dress less jacket.</p> <ul style="list-style-type: none"> • The following item must be worn on the shirt: <ul style="list-style-type: none"> ○ Rank slip-ons; ○ Undress ribbons; ○ Expedition pins; and ○ Cadet citation pin • The following are not to be worn on the shirt: <ul style="list-style-type: none"> ○ medals; ○ Duke of Edinburg pin; and ○ biathlon and marksmanship pins. • Metal parachutist wings may be worn on the shirt if the cadet has them. • Nametag may be worn at the discretion of the CO. • Undershirt, if worn, shall not be visible at the neck opening and at the sleeves. <p>OCCASION OF WEAR</p> <ul style="list-style-type: none"> • During summer dress period at the Cadets Corps and CSTC; • Routine training dress day to day; • Routine parade; • Appropriate social occasions ; • Year round for indoor training; • Other occasions as ordered. | <p>Comme la tenue C-2 (Tenue de service courant), mais sans la veste.</p> <ul style="list-style-type: none"> • Les items suivants doivent être portés sur la chemise : <ul style="list-style-type: none"> ○ Les pattes d'épaule amovibles; ○ Les rubans de médailles; ○ Les épinglettes d'expédition; et ○ L'épinglette de citation des cadets. • Les items suivants ne sont pas portés sur la chemise: <ul style="list-style-type: none"> ○ médailles; ○ épinglette du prix du Duc d'Édimbourg; et ○ épinglettes de biathlon et de tir. • Les ailes de parachutiste en métal peuvent être portées sur la chemise si le cadet en possède. • La plaquette d'identité peut être portée à la discrétion du cmdt. • Le gilet de corps ne doit pas être visible dans l'ouverture du col et au bord de la manche s'il est porté. <p>OCCASION DE PORT</p> <ul style="list-style-type: none"> • lors de la période de tenue d'été au corps de cadets et au CIEC; • tenue courante pour l'entraînement de tous les jours; • parades routinières; • rencontres sociales appropriées; • toute l'année pour l'entraînement à l'intérieur; • autres occasions selon les ordres reçus. |

| Routine Training Dress (Sweater) / Tenue courante pour l'entraînement (pull-over) C3 | |
|---|---|
| Same as C-2 but replace the shirt by the Sweater | Même que la tenue C-2 mais remplacer la chemise par le pull-over. |

| Routine Training Dress (Sweater) / Tenue courante pour l'entraînement (pull-over) C3A | |
|---|--|
| <p>Same as C-3 less jacket.</p> <ul style="list-style-type: none"> No ranks, insignia badges, undress ribbons or nametag shall be worn on the sweater. | <p>Comme la tenue C-3 mais sans la veste.</p> <ul style="list-style-type: none"> Aucun écusson de grade, d'insigne d'épaule, de rubans ou de plaquette d'identité ne doivent être portés sur le pull-over |

| Routine Training Dress (T-shirt) / Tenue courante pour l'entraînement (t-shirt) C4 | |
|---|---|
| <p>Same as C-2 but replace the shirt by the RCAC t-shirt or the corps t-shirt</p> <ul style="list-style-type: none"> No ranks, insignia badges, undress ribbons or nametag shall be worn on the t-shirt. | <p>Même composition que la tenue C-2 mais remplacer la chemise par le t-shirt des CadRAC ou le t-shirt du corps.</p> <ul style="list-style-type: none"> Aucun écusson de grade, d'insigne d'épaule, de rubans ou de plaquette d'identité ne doivent être portés sur le t-shirt |

| Routine Training Dress (T-shirt) / Tenue courante pour l'entraînement (t-shirt) C4A | |
|---|--|
| <p>Same as C-4 less jacket.</p> <ul style="list-style-type: none"> No ranks, insignia badges, undress ribbons or nametag shall be worn on the T-shirt. | <p>Comme la tenue C-4 mais sans la veste.</p> <ul style="list-style-type: none"> Aucun écusson de grade, de pattes d'épaules amovibles, de rubans ou de plaquette d'identité ne doivent être portés sur le T-shirt. |

| Sports Dress / Tenue de sport | |
|--|---|
| COMPOSITION | COMPOSANTES |
| <p>Sport dress is issued to cadets at the corps with the basic kit. It is a uniform and, as such, should be worn by all cadets involved in organized activities where it is deemed appropriate. It is composed of:</p> <ul style="list-style-type: none"> • Tan wide-brimmed summer hat, • T-shirt : <ul style="list-style-type: none"> • Cadet Corps : Cadet t-shirt (RCAC t-shirt, corps t-shirt), • CSTC : Cadet t-shirt or CSTC t-shirt • CSTC : • Cadet sports short; and • Cadet running shoes. <p>Cadets are allowed to wear their own running shoes.</p> <p>OCCASION FOR WEAR</p> <ul style="list-style-type: none"> • Corps and CSTC sports and outdoor training, • During hot weather conditions, • Staff cadet wearing this order of dress while on duty shall wear their rank armband so that they remain easily identifiable from cadets. | <p>La tenue de sport est émise au corps avec l'équipement de base distribué aux cadets. Il s'agit d'un uniforme et, à ce titre, doit être porté par tous les cadets participant à une activité organisée où cet uniforme est de mise. Cette tenue est composée des éléments suivants :</p> <ul style="list-style-type: none"> • Chapeau d'été beige à large bord, • T-shirt : <ul style="list-style-type: none"> • Corps : t-shirt des CadRAC ou t-shirt du corps de cadets, • CIEC : t-shirt des CadRAC ou t-shirt du CIEC • Shorts de sport des cadets, et • Espadrilles des cadets. <p>Les cadets peuvent porter leur propres espadrilles.</p> <p>OCCASION DE PORT</p> <ul style="list-style-type: none"> • Entraînement sportif ou de plein-air au corps et au CIEC, • Durant les périodes de conditions climatiques chaudes, • Les cadets-cadres en service doivent porter le brassard avec grade afin qu'ils soient facilement identifiables par rapport aux cadets. |

| Staff Cadet Dress / Tenue de cadet-cadre SC1 | |
|---|--|
| COMPOSITION | COMPOSANTES |
| <p>Beret, shirt cadet short sleeve, cadet trousers with belt, ankle boots.</p> <ul style="list-style-type: none"> • The following item must be worn on the shirt: <ul style="list-style-type: none"> ○ Rank slip-ons; ○ Undress ribbons; ○ Expedition pins; and ○ Cadet citation pin • The following are not to be worn on the shirt: <ul style="list-style-type: none"> ○ medals; ○ Duke of Edinburg pin; and ○ biathlon and marksmanship pins. • Metal parachutist wings may be worn on the shirt if the cadet has them. <p>OCCASION FOR WEAR</p> <p>Summer training at the CSTC when selected as Staff Cadet.</p> | <p>Béret, chemise à manches courtes pour cadet, pantalon avec ceinture, bottes.</p> <ul style="list-style-type: none"> • Les items suivants doivent être portés sur la chemise : <ul style="list-style-type: none"> ○ Les pattes d'épaule amovibles; ○ Les rubans de médailles; ○ Les épinglettes d'expédition; et ○ L'épinglette de citation des cadets. • Les items suivants ne sont pas portés sur la chemise: <ul style="list-style-type: none"> ○ médailles; ○ épinglette du prix du Duc d'Édimbourg; et ○ épinglettes de biathlon et de tir. • Les ailes de parachutiste en métal peuvent être portées sur la chemise si le cadet en possède. • La plaquette d'identité peut être portée à la discrétion du cmdt. • Le gilet de corps ne doit pas être visible dans l'ouverture du col et au bord de la manche s'il est porté. <p>OCCASION DE PORT</p> <p>Entraînement d'été au CIEC, lorsque sélectionné à titre de cadet-cadre.</p> |

| Field Training Uniform (FTU) / Uniforme d'exercice en campagne (UEC) | |
|--|--|
| C5 | |
| COMPOSITION | COMPOSANTES |
| <ul style="list-style-type: none"> • Olive-green trousers and shirt; • Field Training Boots (aka combat boots); • RCAC slip-ons; • Head-dress. One of the following shall be worn: <ul style="list-style-type: none"> ○ beret; ○ tan wide-brimmed summer hat; ○ turban, olive-green; or ○ toque, approved pattern. • Shirt. May either be worn under the four season coat or as the outer-garment in hot weather. The shirt may be worn with sleeves extended or rolled above the elbows; • T-shirt. The RCAC t-shirt, the corps t-shirt or the CSTC t-shirt may be worn under the shirt. • T-shirt. The FTU may also be worn with the t-shirt only when required by weather or by the type of activity. • Name tape. Optional. • Lanyard. May be worn to indicate nominations to particular positions as the corps or the CSTC. <p>OCCASION FOR WEAR</p> <ul style="list-style-type: none"> • At the corps, when participating in field training activities, or when taking part in activities where a requirement exists to protect the dress uniform or personal civilian clothing; • At CSTC, by staff cadets occupying a position that warrants the wear of this uniform; and • At CSTC, by cadets participating in selected courses. | <ul style="list-style-type: none"> • Pantalon et chemise vert olive; • Bottes d'entraînement en campagne (alias bottes de combat) • Pattes d'épaule amovibles avec le grade; • Coiffure. On doit porter une des coiffures suivantes : <ul style="list-style-type: none"> ○ béret; ○ le chapeau d'été beige à large bord; ○ turban de combat; ou ○ tuque, modèle approuvé. • Chemise. Peut être portée sous le manteau quatre saisons ou comme vêtement de dessus lorsqu'il fait chaud. La chemise peut être portée avec les manches roulées au-dessus des coudes ou déroulées; • T-shirt. Le t-shirt des CadRAC, celui du corps de cadets ou celui du CIEC peut être porté sous la chemise; • T-shirt. L'UEC peut aussi être porté avec le t-shirt seulement si requis pour la température ou le type d'activité. • Bande d'identité. Optionnelle • Cordon d'épaule. Peut être porté pour indiquer des nominations à des postes particuliers au niveau du corps ou du CIEC. <p>OCCASION DE PORT</p> <ul style="list-style-type: none"> • Au corps, lorsque le cadet participe à une activité en campagne ou lorsqu'il participe à une activité où il importe de protéger l'uniforme d'entraînement ou les vêtements civils; • Au CIEC, par les cadets cadres qui occupant une position qui exige qu'ils portent cet uniforme; et • Au CIEC, par les cadets participant à un cours où le port de cet uniforme est requis. |

| Mess Dress / Tenue de mess C6 | |
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| <p>Same as C-1, except that a white collar dress shirt with black bow tie replaces the green and tie.</p> <p>This is a highly optional order of dress and no cadet should be requested to acquire a white shirt and bow tie. If cadets do not possess a white shirt and bow tie, they can use the C-1 in the same circumstances.</p> <p>OCCASION FOR WEAR</p> <p>When cadets participate in formal dinners such as:</p> <ul style="list-style-type: none">• Guests at formal dinners with the affiliated unit;• Member of a band that performs at formal dinners;• When cadets are asked to act as waiters at dinners; and• Other occasion as per directed. | <p>Comme la tenue C-1, sauf que la chemise blanche habillée avec collet et le nœud papillon noir remplace la chemise verte et la cravate.</p> <p>Il s'agit d'une tenue hautement optionnelle et aucun cadet ne doit se voir obligé à acquérir une chemise blanche et un nœud papillon. Les cadets qui ne possèdent pas de chemise blanche et de nœud papillon peuvent utiliser la tenue C-1 dans les mêmes occasions de port.</p> <p>OCCASION DE PORT</p> <p>Lorsque les cadets participent à des soirées formelles comme :</p> <ul style="list-style-type: none">• Comme invités de soupers régimentaires avec l'unité affiliée;• Comme membres des musiques qui jouent lors de soirées formelles;• Quand les cadets participent à des repas comme serveurs;• Autres occasions telles que dirigées. |

| International Expedition and Exchange Uniform - Uniforme des expéditions et échanges internationaux C7 | |
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| COMPOSITION | COMPOSANTES |
| <p>Participants in an International Exchange or Expedition will receive a black and red RCAC track suit. This track suit is the official uniform for the duration of the activity. The tracksuit is composed of the following:</p> <ul style="list-style-type: none"> • Tracksuit jacket <ul style="list-style-type: none"> ○ The jacket must be zipped up mid-chest where the logos begin. Cadets may adjust the bottom part with the elastics for comfort. The exchange pin may be worn on the left side of the collar; ○ The exchange golf shirt, t-shirt, blouse or shirt and tie should be worn with the tracksuit jacket. ○ If cadets have free time, they may wear their civilian clothing with the exchange jacket for identification purposes. • Tracksuit pants <ul style="list-style-type: none"> ○ The tracksuit pants will be worn when traveling and during most cultural activities. If some cultural activities require a more formal style of dress, cadets may wear beige, black or dark blue pants (ie. Dockers) or skirt (for female cadets). Jeans may not be worn during official visits. Jeans may only be worn during free time. ○ Tracksuit pants should be clean and properly fit the cadet. Pants will be worn where the actual waist is and not lower. Cadets should be discouraged from rolling their waist elastic. ○ Running shoes should be worn with the tracksuit. • Baseball cap. Cadets will wear the baseball cap as required (i.e. weather). Cadets will take off their baseball caps when they enter a building, a site of national importance, churches and where etiquette prescribes. Baseball Caps shall not be worn with formal dress. | <p>Les participants à un échange ou une expédition internationale recevront un survêtement rouge et noir des CadRAC. Ce survêtement sera considéré comme étant l'uniforme officiel tout au long de l'activité. L'uniforme est composé des éléments suivants :</p> <ul style="list-style-type: none"> • Manteau du survêtement <ul style="list-style-type: none"> ○ La fermeture éclair du manteau doit être remontée jusqu'à mi-poitrine, vis-à-vis où débute les logos. Les cadets pourront ajuster la taille avec les élastiques pour leur confort. L'épinglette de l'échange peut être fixée sur le col, du côté gauche. ○ Le polo de l'échange, un t-shirt, un chemisier ou une chemise et une cravate devrait être porté sous le survêtement. ○ Quand les cadets ont des temps libres dans une ville, ils peuvent porter des vêtements civils avec le manteau du survêtement de l'échange pour être visible. • Pantalon du survêtement <ul style="list-style-type: none"> ○ Le pantalon du survêtement doit être porté pendant les déplacements et la plupart des activités culturelles. Si certaines activités culturelles exigent une tenue plus habillée, les cadets pourront porter un pantalon beige, noir ou bleu foncé (genre Dockers) ou une jupe (pour les cadettes). Nul ne doit porter de jean pendant les visites officielles. Le jean ne peut être porté que pendant les temps libres. ○ Le pantalon du survêtement devrait être propre et adapté à la taille du cadet. Les cadets ne devraient pas rouler le pantalon à la taille et le pantalon doit être porté à la taille et non plus bas que la taille. ○ Le survêtement devrait se porter avec des espadrilles. • Casquette. Portée quand cela convient (compte tenu des conditions météorologiques). Ils doivent la retirer quand ils rentrent dans un bâtiment, un lieu national important, une église ou un endroit où l'étiquette l'exige. Ne doit pas être portée avec une tenue habillée. |

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| <ul style="list-style-type: none">• Exchange t-shirt. Will be worn when in PT dress, tracksuit or as directed by CSTC authorities. It should be clean and wrinkle free. Sleeves shall not be rolled up or tucked in. When the exchange t-shirt is worn with PT shorts or the tracksuit, it shall always be tucked in.• Exchange polo shirt. The same rules as with the t-shirt will be applied. Cadets will not wear the golf shirt with the grey PT shorts.• Shoes (running shoes, hiking shoes etc) shall be worn with tracksuit. A cadet will not wear flip flops; sandals, ballet shoes and the sort while wearing the exchange tracksuit in public.• Backpacks. Cadets are authorized to carry backpacks. When wearing the tracksuit, cadets and officers may carry a civilian pattern backpack. It may be carried in the left hand or worn suspended over both shoulders and square on the back. Backpacks shall be of a plain, conservative pattern and be dark in colour. Bright colours should be avoided. Accessories of any type (e.g., pins, dolls, keys, running shoes, water bottles, etc.) shall not be attached to the backpack.• Jewellery and makeup. Same rules as in uniform.• Hair and beard. Same rules as in uniform.• Sunglasses: Cadets may wear conservatively styled sunglasses with the uniform or tracksuit. | <ul style="list-style-type: none">• T-shirt de l'échange. Se porte avec la tenue d'entraînement physique ou le survêtement ou conformément aux instructions du CIEC. Il devrait être propre et non froissé. Les manches ne doivent être ni roulées ni repliées à l'intérieur. Porté avec des shorts d'entraînement physique ou le survêtement, le t-shirt de l'échange doit toujours être rentré dans le pantalon.• Polo de l'échange. Les règles qui s'appliquent au t-shirt valent pour le polo. Le polo ne doit pas être porté avec les shorts gris d'entraînement physique.• Chaussures. Des espadrilles, souliers de marche seront portés avec le survêtement de l'échange. Les cadets ne sont pas autorisés à porter des sandales de douches, des sandales, des ballerines ou autre en public avec le survêtement de l'échange.• Sac à dos. Les cadets et les officiers sont autorisés à porter un sac à dos. Avec le survêtement, ils peuvent porter un sac à dos de type civil. Le sac à dos doit être porté à la main gauche ou suspendu aux deux épaules, au milieu du dos. Les sacs à dos doivent être sobres et de couleur foncée. Les couleurs vives devraient être évitées. Il ne faut pas attacher d'accessoires de quelque nature que ce soit à l'extérieur du sac à dos (épinglettes, poupées, clés, chaussures de course, bouteilles d'eau, etc.).• Bijoux et maquillage. Mêmes règles que lorsqu'en uniforme.• Cheveux et barbe. Mêmes règles que lorsqu'en uniforme.• Lunettes de soleil. Les cadets peuvent porter des lunettes de soleil de style conservateur avec l'uniforme ou le survêtement. |
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RELIGIOUS AND SPIRITUAL ACCOMODATION

ACCOMODATION RELIGIEUSE ET SPIRITUELLE

RELIGIOUS SENSITIVITY

1. The different religious and spiritual requirements of various groups should be respected, especially during moments of religious expression. If conflict arises, the CCO is guided by differentiating between the tenets of devout faith, which shall be allowed if militarily practicable, and the religious and spiritual practices of a particular group, which may be accommodated as practical.

2. Religious items or accessories (e.g., a Christian cross) which are not visible or otherwise apparent are unregulated and may always be worn provided they do not interfere with the proper wear and use of uniform items, accoutrements, or equipment.

WEAR OF HEADDRESS

3. The wearing of headdress on different occasions reflects a combination of the cultural etiquette of formal Canadian society, military custom, and religious practices. As a guideline, the norms of formal etiquette should be followed. Further guidelines for common situations are given in the paragraphs that follow. These highlight the differences between those whose customs require removing headdress as a sign of respect, especially by males in religious circumstances; and those who cover the head as a sign of religious respect (Jews and others under varying circumstances). Similar requests to retain headdress may also apply to members who choose not to have religious affiliation. In addition a male member of the Jewish faith may wear a dark, plain-pattern yarmulke whenever he removes other headdress.

SENSIBILITÉ RELIGIEUSE

1. Les besoins religieux et spirituels des différents groupes doivent être respectés, surtout durant les moments d'expression religieuse. En cas de conflit, les OCC doivent faire la différence entre les principes de dévotion, dont l'expression doit être permise si cela est faisable dans le cadre militaire, et les coutumes religieuses et spirituelles d'un groupe particulier, lesquelles peuvent être intégrées lorsque cela est possible.

2. Les articles ou accessoires religieux (par ex. la croix chrétienne) qui ne sont pas visibles ou apparents ne sont pas réglementés et peuvent être portés en tout temps en autant qu'ils ne nuisent pas au port normal ni à l'utilisation des articles, des attributs ou du matériel.

PORT DU COUVRE-CHEF

3. Le port du couvre-chef en diverses occasions est soumis à une combinaison de règles de l'étiquette de la société canadienne, de coutumes militaires et de pratiques religieuses. En général, il faut suivre les règles de l'étiquette. Les paragraphes qui suivent donnent d'autres directives sur le port du couvre-chef dans des situations courantes. Ces directives mettent en lumière les différences entre les coutumes exigeant le retrait du couvre-chef en signe de respect, plus particulièrement pour les hommes dans des circonstances religieuses et celles exigeant de se couvrir la tête pour des raisons religieuses (juifs ou autres, selon les circonstances). Les demandes similaires relatives à la conservation d'un couvre-chef peuvent s'appliquer également aux cadets qui choisissent de n'avoir aucune affiliation religieuse. De plus les hommes de religion juive peuvent porter une kippa foncée à motif uni lorsqu'ils ne portent aucun autre couvre-chef.

4. Special details for adherents of the Sikh religion are contained in paragraphs 11 to 14 of this section.

5. Special details for adherents of the Muslim religion are contained in paragraphs 15 to 16 of this section.

6. **Consecrated buildings.** All cadets shall observe the custom of the religious denomination concerned, in regard to the wearing of headdress in a consecrated building, except that headdress shall be worn when on duty as a member of the vigil during the lying in state of a deceased dignitary, or as a member of a colour party when depositing or receiving colours. For Christian churches, headdress is removed at the church entrance (less headdress of female service personnel if that is the custom of the denomination concerned), and replaced at the exit. The advice of the officiating clergy will be sought and followed in each case.

7. **Parades.** Headdress shall be removed, when so ordered, by all ranks on parade except for musicians, color bearers and their close escorts, sentries in the vicinity and for those where it is indicated by their religious or spiritual practice may be authorized to retain normal headdress on parade when others remove theirs to avoid drill complications.

SIKHS

8. Cadets who are adherents of the Sikh religion (Keshadharis) shall wear Army cadet uniforms and adhere to standard cadet dress policy and instructions with the following exceptions which are dictated by their religion:

- a. hair and beard shall remain neat and tidy, provided that safety is not jeopardized. When a hazard clearly

4. Les paragraphes 11 à 14 de la présente section donnent des détails s'appliquant aux Sikhs.

5. Les paragraphes 15 à 16 de la présente section donnent des détails s'appliquant aux Musulmans.

6. **Temples.** Les cadets doivent se conformer à l'usage en ce qui concerne le port du couvre-chef lorsqu'ils se trouvent dans un temple, quelle qu'en soit la confession. Font l'exception à cette règle, les cadets qui montent la garde auprès d'un cercueil ou qui présentent ou reçoivent les drapeaux; à ce moment, indépendamment de tout usage, ils doivent porter le couvre-chef. dans le cas des églises chrétiennes se découvrir à l'entrée de l'église (sauf le personnel féminin en service si telle est la coutume de la confession en question), et se couvrir à la sortie de l'église. Dans tous les cas, demander l'avis des officiants du clergé et s'y conformer.

7. **Rassemblements.** Tous les cadets qui participent à un rassemblement, à l'exception des musiciens et des porte-couleurs/drapeau, et des sentinelles situées à proximité et pour ceux dont la pratique spirituelle et religieuse l'indique peuvent être autorisés à garder leur couvre-chef habituel durant un rassemblement alors que les autres enlèvent le leur pour éviter des complications dans l'exercice militaire.

SIKHS

8. Les cadets qui sont adeptes de la religion Sikh (Keshadharis) doivent porter les uniformes des cadets de l'Armée et observer les règlements relatifs à la tenue des Cad RAC, exception faite des points suivants qui sont imposés par leur religion :

- a. le cadet adepte de la religion Sikh doit porter la barbe et les cheveux de façon propre et soignée et à condition

exists, the hair and/or beard shall be modified to accommodate the wearing of the required equipment; and

- b. male cadets shall wear a CF green coloured turban. The five symbolic requirements of the Sikh religion are authorized for wear with all orders of dress.

9. Except as otherwise provided by paragraph 1, the turban worn by male cadets and authorized head-dress worn by female cadets shall not be removed while wearing uniform. Specifically, such head-dress shall not be removed in the following circumstances:

- a. on parade;
- b. during the administration of the cadet promise;
- c. when entering a consecrated building;
- d. when entering a canteen or dining room; and
- e. at formal or informal functions when the removal of head-dress might otherwise be considered appropriate.

AUTHORIZED SYMBOLIC REQUIREMENTS

10. Adherents of the Sikh religion shall, in accordance with the provisions of paragraphs 1 and 2, observe the following five symbolic requirements:

- a. Kesh - leave hair on the head, face and body uncut;
- b. Kanga - wear a comb;

que cela n'entraîne aucun danger. En cas de danger réel, il doit modifier ses cheveux et/ou sa barbe, de façon à pouvoir porter l'équipement requis; et

- b. les cadets masculins porteront le turban de couleur vert foncé des FC. Les cinq attributs symboliques de la religion Sikh sont autorisés à être portés avec toutes les tenues.

9. Compte tenu des exceptions prévues au paragraphe 1, le turban pour les cadets et la coiffure autorisée pour les cadettes ne doivent pas être retirés lorsque ces derniers sont en uniforme. Spécifiquement, ces coiffures ne seront pas retirées dans les occasions suivantes :

- a. lors d'un rassemblement;
- b. pour prêter le serment/promesse du cadet;
- c. en entrant dans un temple;
- d. en entrant dans une cantine ou une salle à manger; et
- e. dans l'exercice de fonctions officielles ou officieuses lorsque, par ailleurs, on pourrait juger à propos d'enlever sa coiffure.

ATTRIBUTS SYMBOLIQUES AUTORISÉS

10. Les adeptes de la religion Sikh, conformément aux dispositions des paragraphes 1 et 2, portent les attributs suivants des cinq prérequis symbolique:

- a. Kesh - garder la barbe, cheveux et poils non-coupés;
- b. Kanga - porter le peigne;

- c. Kara - wear an iron bangle (bracelet);
- d. Kacha - wear under-drawers of a specific design; and
- e. Kirpan - wear a symbolic dagger with a blade length not less than 11.5 cm and not exceeding 13 cm, and an overall length (including the handle) not exceeding 19 cm.

- c. Kara - porter le bracelet de fer;
- d. Kacha - porter un caleçon d'un type particulier; et
- e. Kirpan - porter un poignard symbolique dont la lame est d'une longueur minimale de 11,5 cm et d'une longueur maximale de 13 cm, et dont la longueur totale (incluant le manche) ne doit pas dépasser 19 cm.

METHOD OF WEARING

11. The following instructions are not intended to provide in detail the method of styling and wearing hair on the head, of wearing the comb, or of winding the turban; they are however, intended to provide sufficient direction to ensure uniformity of dress amongst Sikh members of the Army cadet organization. Accordingly, religious symbols and associated badges shall be worn as follows:

- a. **turban** - worn in a low, Sikh conventional manner, with the final winding right over left on the forehead. The turban must be the same colour as the headdress worn by other cadets in the Cadet Corps;
- b. **cap badge** - worn centred on the front of the turban. The badge shall be locally modified at no cost to the public to provide a brooch fastener with which to fasten the badge to the turban;
- c. **Kesh (hair)** - male cadets shall wear their hair tied in a knot at the crown of the head, and shall secure the hair of the beard under the chin, presenting a close to face, groomed appearance. Female cadets shall wear their hair styled in a bun at the rear of the head to facilitate the proper wearing of the beret;

DIRECTIVES PARTICULIERES

11. Les directives qui suivent n'ont pas pour objet d'indiquer en détail la façon de se coiffer, de porter le peigne ou d'enrouler le turban; elles devraient toutefois être assez précises pour garantir l'uniformité de la tenue chez les membres Sikh de l'organisation des cadets de l'Armée. Les symboles religieux et les insignes doivent donc se porter comme suit :

- a. **turban** - porté bas, à la manière Sikh, et enroulé de telle sorte que le côté droit recouvre le côté gauche, sur le front. Le turban doit être de la même couleur que la coiffure portée par les autres cadets du corps;
- b. **insigne de coiffure** - se porte centré sur le devant du turban. L'insigne doit être modifiée sur place de telle sorte qu'on puisse la fixer par une agrafe au tissu du turban et ceci sans frais pour l'état;
- c. **Kesh (cheveux)** - dans le cas des cadets, les cheveux sont noués sur le sommet de la tête et la barbe est fixée sous le menton, de façon à donner une apparence soignée. Dans le cas des cadettes, les cheveux sont coiffés en chignon à l'arrière de la tête, pour faciliter le port du béret;

- d. **comb** - worn concealed in the hair;
 - e. **bangle (bracelet)** - worn on the right wrist; and
 - f. **Kirpan (dagger)** - shall remain sheathed, except for religious occasions requiring the presence of the exposed dagger, and for cleaning purposes. The sheathed kirpan, worn under the outer shirt or jacket, shall be supported by a black cloth sling, slung from the right shoulder to the left side. Should the kirpan interfere with the wearing of uniform accoutrements or equipment, it may be slung from the left shoulder and worn on the right side.
- d. **peigne** - dissimulé dans les cheveux;
 - e. **bracelet** - porté au poignet droit; et
 - f. **Kirpan (poignard)** – Ne doit être sorti de sa gaine que pour certains rites religieux et pour le nettoyer. Le kirpan dans sa gaine, porté sous la chemise ou la veste, est suspendu à une bretelle de tissu noir passant de l'épaule droite au côté gauche. Si le kirpan nuit au port de certains accessoires ou équipement de l'uniforme, il peut être porté du côté droit, la bretelle étant posée sur l'épaule gauche.

MUSLIM

12. Female muslim cadets must wear the cadets uniforms and observe cadet rules and dress instructions, with the following exceptions:

- a. permission to wear this item is subject to safety requirements. For spiritual and religious reasons, cadets are authorized to wear the hijab, provided that any danger should be avoided when they carry some types of safety gear. In case of real danger, these cadets shall modify their hairstyling or hijab, or both, in a way that will allow them to wear the requested gear.

13. **Method of Wear.** The hair covering worn by some cadet female Muslim is a hijab. Specific requirements for wearing of the hijab are as follows:

- a. the hijab must be versatile, comfortable, neat, breathable, and easy to remove. It must also provide the wearer with adequate protection

MUSULMANS

12. Les cadettes de confession musulmane doivent porter les uniformes des cadets et observer les règles et instructions des cadets en matière de tenue avec les exceptions suivantes :

- a. les cadettes, pour des raisons religieuses et spirituelles, peuvent porter le hijab, à condition que cela n'entraîne aucun danger lorsqu'elles portent certaines pièces d'équipement de sécurité. En cas de danger réel, elles devront modifier la coiffure ou le port du hijab, ou les deux, de façon à pouvoir porter l'équipement requis.

13. **Méthode de port.** Le voile recouvrant les cheveux de certaines cadettes est un hijab. Les exigences spécifiques relatives au port du hijab sont les suivantes :

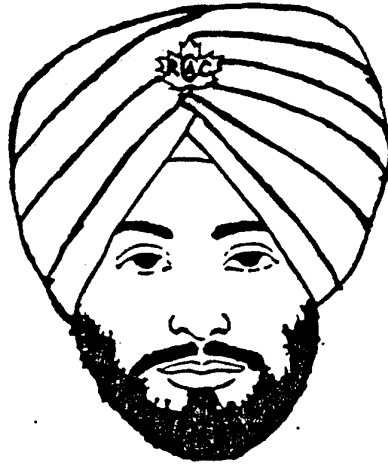
- a. le hijab doit être souple, propre, perméable, et facile à enlever. Il doit également fournir à celle qui le porte une protection adaptée contre les

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| <p>against specific climate and environmental training condition;</p> <p>b. the hijab must be the same colour as the headdress worn by other cadets in the Cadet Corps;</p> <p>c. the type of the hijab must be two pieces; and</p> <p>d. the hijab must adjust to fit the face of the wearer and it must allow for the proper wearing of headdress, and headgear, and the hijab must also conform to the colours and uniformity of the uniform.</p> | <p>conditions d'entraînement environnementales et climatiques spécifiques;</p> <p>b. le hijab doit être de la même couleur que la coiffure portée par les autres cadets du corps;</p> <p>c. deux parties doivent composer le hijab; et</p> <p>d. le hijab doit être adapté au visage de celle qui le porte et doit permettre le port des couvre-chefs et coiffures. Le hijab doit également être conforme aux couleurs des uniformes.</p> |
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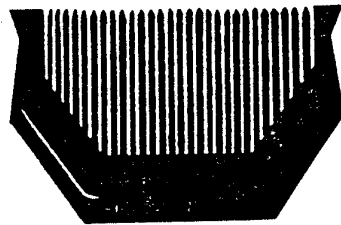
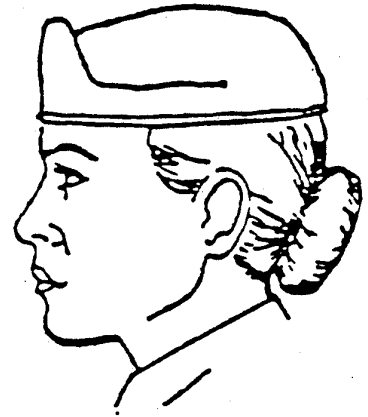
AUTHORIZED SYMBOLIC REQUIREMENTS – SIKH SYMBOLOGY
ATTRIBUTS SYMBOLIQUES AUTORISÉS – SYMBOLOGIE SIKH



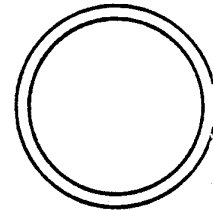
PATKA



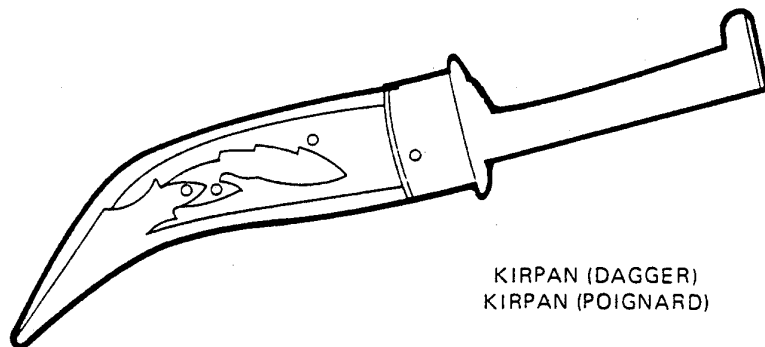
KESH (HAIR)
KESH (COIFFURE)



KANGA (COMB)
KANGA (PEIGNE)



KARA (BRACELET)
KARA (BRACELET)



KIRPAN (DAGGER)
KIRPAN (POIGNARD)

ARMY CADET BADGES

INSIGNES DES CADETS DE L'ARMÉE

GENERAL

GÉNÉRALITÉS

1. The Appendices to this Annex detail the badges, their position on the uniform and the conditions of eligibility.

1. Les appendices à cette annexe énumèrent les insignes, leur position sur l'uniforme et les conditions d'éligibilité.

2. The badges are separated into the following Appendices:

2. Les insignes sont séparés dans les appendices suivants:

Appendix 1: Hat badges

Appendice 1: Insignes de coiffure

Appendix 2: Corps shoulder badges

Appendice 2: Insignes d'épaule de corps

Appendix 3: Corps Training Level Badges

Appendice 3: Insignes de niveau d'entraînement au corps

Appendix 4: Summer Training badges

Appendice 4: Insignes d'instruction cours d'été

Appendix 5: Appointment badges

Appendice 5: Insignes de nomination

Appendix 6: Rank badges

Appendice 6: Insignes de grade

Appendix 7: Marksmanship classification badges

Appendice 7: Insignes de classification de tir

Appendix 8: Fitness Badges

Appendice 8: Insignes de conditionnement physique

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Appendix 12: Cadet Commendation pin

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Appendice 13: Épinglettes du prix du Duc d'Édimbourg

Appendix 14: RCAC National Rifle Team pins

Appendice 14: Épinglettes de l'équipe nationale de tir des CADRAC

Appendix 15: Cadet marksmanship
championship series pins

Appendice 15: Épinglettes de la série de
championnat de tir des cadets

Appendix 16: Cadet biathlon championship
series pins

Appendice 16: Épinglettes de la série de
championnat de biathlon des
cadets

Appendix 17: Army cadet expedition pins

Appendice 17: Épinglettes des expéditions des
cadets de l'Armée





Appendix 18: National Star of Excellence



Appendice 18: Étoile nationale d'excellence

HAT BADGES - INSIGNES DE COIFFURE


| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'élégibilité |
|---|---|--|---|
| Insignia Cap RCACC Insigne CadRAC |  | Beret Béret | One per cadet Un par cadet |

MUSIC LEVEL BADGES - INSIGNES DE NIVEAUX DE MUSIQUE


| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme |
|---|---|--|
| Basic qualification Niveau de qualification élémentaire |  | <p>The music level badge is worn on the left sleeve only, 1 cm above the first aid badge or 1 cm above the physical fitness badge or 1 cm above the marksmanship badge. (Illustrated References at Annex F, Appendix 9)</p> <p>L'insigne de niveau de musique est porté sur la manche gauche seulement, à 1 cm au-dessus de l'insigne de secourisme; à 1 cm au-dessus de l'insigne de condition physique; ou 1 cm au-dessus de l'insigne d'adresse au tir. (Références Illustrées à l'Annexe F, Appendice 9)</p> |
| Level 1 Niveau 1 |  | <p>The Level 1 insignia supersedes the Basic qualification badge. L'insigne de qualification de niveau 1 remplace l'insigne de qualification élémentaire</p> |
| Level 2 Niveau 2 |  | <p>The Level 2 insignia supersedes the Level 1 badge. L'insigne de qualification de niveau 2 remplace l'insigne de niveau 1</p> |
| Level 3 Niveau 3 |  | <p>The Level 3 insignia supersedes the Level 2 badge. L'insigne de qualification de niveau 3 remplace l'insigne de niveau 2</p> |

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme |
|---------------------|---|--|
| Level 4 Niveau 4 |  | <p>The Level 4 insignia supersedes the Level 3 badge. L'insigne de qualification de niveau 4 remplace l'insigne de niveau 3</p> |
| Level 5 Niveau 5 |  | <p>The Level 5 insignia supersedes the Level 4 badge. L'insigne de qualification de niveau 5 remplace l'insigne de niveau 4</p> |

PARACHUTIST WINGS – AILES DE PARACHUTISME

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme |
|--|---|--|
| CF Basic Para Wings Ailes de parachutisme (Cours de parachutiste de niveau élémentaire) |  | See Illustrated reference, Annex F, Appendix 6 Voir la référence illustrée de l'annexe F, appendice 6 |


CADET COMMENDATION PIN – ÉPINGLETTE DE LA CITATION POUR CADETS

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'élégibilité |
|--|---|---|--|
| <p>Cadet Commendation Pin</p> <p>Épinglette de la citation pour cadets</p> |  | <p>The Cadet Commendation Pin shall be worn centered on the right breast pocket, equidistant between the lower seam and the lower edge of the pocket flap.</p> <p>This pin is worn on the jacket or the shirt. (Illustrated References at Annex F, Appendix 6)</p> <p>L'épinglette de la citation pour cadets se porte centrée sur la poche de poitrine droite, à distance égale entre la couture du bas et le bas du rabat de la poche.</p> <p>Cette épinglette est portée sur la veste ou sur la chemise. (Références Illustrées à l'Annexe F, Appendice 6)</p> | <p>Must meet the requirements of CATO 13-16 Annex C.</p> <p>Doit satisfaire aux exigences de l'annexe C de l'OAIC 13-16.</p> |

NOTE: When the Cadet Commendation Pin is worn with a Duke of Edinburgh Award Pin, the two pins shall be worn centred on the right breast pocket equidistant between the lower seam and the lower edge of the jacket pocket flap, with 0.5 cm between the two pins. In this case, the Cadet Commendation Pin shall be worn in the top position. Only the Cadet Commendation Pin can be worn on the shirt.

NOTA: Lorsque l'épinglette de la Citation pour Cadets est portée avec une Épinglette du Prix du Duc D'Édimbourg, les deux épinglettes seront centrées sur la poche de poitrine droite, à distance égale entre la couture du bas et le bas du rabat de la poche de veste, avec 0,5 cm entre les deux épinglettes. Dans ce cas, l'épinglette de la Citation pour cadets sera portée dans la position du haut. Seule l'épinglette de la Citation pour cadets peut être portée sur la chemise.



DUKE OF EDINBURGH AWARD PINS – ÉPINGLETTES DU PRIX DU DUC D'ÉDIMBOURG

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'éligibilité |
|------------------|--|---|--|
| Bronze Bronze |  | <p>The Bronze, Silver or Gold pin awarded under the Duke of Edinburgh Award Program shall be worn centred on the right breast pocket, equidistant between the lower seam and the lower edge of the jacket pocket flap.</p> <p>Only one Duke of Edinburgh pin is permitted on the uniform indicating the highest level attained by the cadet. This pin is worn on the jacket only.</p> <p>(Illustrated References at Annex F, Appendix 6)</p> | <p>Must meet the training requirements as established by the Duke of Edinburgh Award officials.</p> |
| Silver Argent | | <p>L'épinglette de Bronze, d'Argent ou d'Or décernée dans le cadre du Prix du Duc d'Édimbourg se porte centrée sur la poche de poitrine droite, à distance égale entre la couture du bas et le bas du rabat de la poche de veste.</p> | <p>Doit satisfaire aux exigences d'entraînement établies par les officiels du Prix du Duc d'Édimbourg.</p> |
| Gold Or | | <p>Seulement une épinglette du Prix du Duc d'Édimbourg est permise sur l'uniforme indiquant le plus haut niveau atteint par le cadet. Cette épinglette est portée sur la veste seulement.</p> <p>(Références Illustrées à l'Annexe F, Appendice 6)</p> | |

NOTE: When a Duke of Edinburgh Award Pin is worn with the Cadet Commendation Pin, the two pins shall be worn centred on the right breast pocket equidistant between the lower seam and the lower edge of the jacket pocket flap, with 0.5 cm between the two pins. In this case, the Cadet Commendation Pin shall be worn in the top position.

NOTA: Lorsqu'une épinglette du Prix du Duc D'Édimbourg est portée avec l'épinglette de la Citation pour cadets, les deux épinglettes seront centrées sur la poche de poitrine droite, à distance égale entre la couture du bas et le bas du rabat de la poche de veste, avec 0,5 cm entre les deux épinglettes. Dans ce cas, l'épinglette de la Citation pour cadets sera portée dans la position du haut.


RCAC NATIONAL RIFLE TEAM PINS - ÉPINGLETTES DE L'ÉQUIPE NATIONALE DE TIR DES CADRAC

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'éligibilité |
|---|---|---|---|
| <p>RCAC National Rifle Team</p> <p>Équipe nationale de tir des CadRAC</p> |  | <p>The RCAC NRT pin is worn centred on the left breast pocket, equidistant between the lower seam and the lower edge of the jacket pocket flap. (Illustrated References at Annex F, Appendix 6)</p> <p>L'épinglette de l'ENT des CadRAC se porte centrée sur la poche de poitrine gauche, à distance égale entre la couture du bas et le bas du rabat de la poche de veste. (Références illustrées à l'Annexe F, Appendice 6)</p> | <p>Must be selected on the RCAC National Rifle Team.</p> <p>Doit être sélectionné sur l'équipe nationale de tir des CadRAC.</p> |
| <p>LGen C.H. Belzile trophy</p> <p>Trtrophée du Lgen C.H. Belzile</p> |  | <p>Supercedes the RCAC NRT on the uniform.</p> <p>Remplace l'épinglette de l'ENT des CadRAC sur l'uniforme.</p> | <p>Be awarded the LGen C.H. Belzile Trophy</p> <p>Recevoir le trophée du Lgen C.H. Belzile.</p> |

NOTE: When one of the NRT pin is worn with the Cadet Marksmanship Championship Series Pins and the Cadet Biathlon Championship Series Pins, the three pins shall be worn centred on the left breast pocket equidistant between the lower seam and the lower edge of the jacket pocket flap, with 0.5 cm between the three pins. The order of precedence from top to bottom is the Bisley Series, Marksmanship Series and the Biathlon Series Pins.


NOTA: Lorsque lune des épinglettes de l'ÉNT des CadRAC est portée avec une épinglette du championnat de tir des cadets et du championnat de biathlon des Cadets, les trois épinglettes seront centrées sur la poche de poitrine gauche, à distance égale entre la couture du bas et le bas du rabat de la poche de veste, avec 0,5 cm entre les trois épinglettes. L'ordre de précedence de haut en bas est l'épinglette de la série Bisley, séries de tir et séries de biathlon des cadets.

CADET MARKSMANSHIP CHAMPIONSHIP SERIES PINS
ÉPINGLETTES DE LA SÉRIE DE CHAMPIONNAT DE TIR DES CADETS




| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'éligibilité |
|--|--|---|--|
| Bronze (Zone) Bronze (Zone) |  | The Zone, Provincial or National Championship pin awarded under the Cadet Marksmanship Championship Series shall be worn centred on the left breast pocket, equidistant between the lower seam and the lower edge of the jacket pocket flap. Only one Marksmanship Championship pin is permitted on the uniform indicating the highest level attained by the cadet. This pin is worn on the jacket only. | Participate in the Zone, Provincial or National level of the Cadet Marksmanship Championship Series. |
| Silver (Provincial) Argent (Provincial) |  | (Illustrated References at Annex F, Appendix 6) | |
| Gold (National) Or (National) |  | L'épinglette du championnat de zone, provincial ou national décernée dans le cadre de la série de championnat de tir des cadets se porte centrée sur la poche de poitrine gauche, à distance égale entre la couture du bas et le bas du rabat de la poche de veste. Seulement une épinglette de championnat de tir est permise sur l'uniforme indiquant le plus haut niveau atteint par le cadet. Cette épinglette est portée sur la veste seulement. (Références illustrées à l'Annexe F, Appendice 6) | Participer au niveau de Zone, niveau provincial ou niveau national de la Série de championnat de tir des cadets. |


NOTE: When the Cadet Marksmanship Championship Series Pins is worn with the Bisley Series Pins and the Cadet Biathlon Championship Series Pins, the three pins shall be worn centred on the left breast pocket equidistant between the lower seam and the lower edge of the jacket pocket flap, with 0.5 cm between the three pins. The order of precedence from top to bottom is the Bisley Series, Marksmanship Series and the Biathlon Series Pins.

NOTA: Lorsque l'épinglette du championnat de tir des cadets est portée avec une épinglette de la série Bisley et du championnat de biathlon des cadets, les trois épinglettes seront centrées sur la poche de poitrine gauche, à distance égale entre la couture du bas et le bas du rabat de la poche de veste, avec 0,5 cm entre les trois épinglettes. L'ordre de précedence de haut en bas est l'épinglette de la série Bisley, série de tir et série de biathlon des cadets.



| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'éligibilité |
|--|---|---|--|
| <p>Prix Vanplew Award</p> <p>Prix Clément Tremblay Award</p> |  | <p>See Above</p> <p>This pin replaces the National Marksmanship Championship pin</p> <p>Voir plus haut</p> <p>Cette épinglette remplace l'épinglette du championnat national de tir</p> | <p>Awarded to the Top Marksman at the National Marksmanship Championship. The Top Cadet in the Open category receives the Vamplew Award and the Top Cadet in the Junior category receives the Clément Tremblay Award.</p> <p>Décernées aux meilleurs tireurs de précision au Championnat national de tir. Le meilleur cadet dans la catégorie ouverte se mérite le Prix Vampley et le meilleur cadet dans la catégorie junior se mérite le Prix Clément Tremblay</p> |

CADET BIATHLON CHAMPIONSHIP SERIES PINS
ÉPINGLETTES DE LA SÉRIE DE CHAMPIONNAT DE BIATHLON DES CADETS


| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'éligibilité |
|--|--|---|---|
| Bronze (Zone) Bronze (Zone) |  | <p>The Zone, Provincial or National Championship pin awarded under the Cadet Biathlon Championship Series shall be worn centred on the left breast pocket, equidistant between the lower seam and the lower edge of the jacket pocket flap.</p> | Participate in the Zone, Provincial or National level of the Cadet Biathlon Championship Series. |
| Silver (Provincial) Argent (Provincial) |  | <p>Only one Biathlon Championship pin is permitted on the uniform indicating the highest level attained by the cadet. This pin is worn on the jacket only.</p> <p>(Illustrated References at Annex F, Appendix 5)</p> | |
| Gold (National) Or (National) |  | <p>L'épinglette du championnat de zone, provincial ou national décernée dans le cadre de la série de championnat de biathlon des cadets se porte centrée sur la poche de poitrine gauche, à distance égale entre la couture du bas et le bas du rabat de la poche de veste.</p> <p>Seulement une épinglette de championnat de biathlon est permise sur l'uniforme indiquant le plus haut niveau atteint par le cadet. Cette épinglette est portée sur la veste seulement.</p> <p>(Références illustrées à l'Annexe F, Appendice 5)</p> | Participer au niveau de zone, niveau provincial ou niveau national de la série de championnat de biathlon des cadets. |

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'éligibilité |
|---|---|--|---|
| <p>Prix Myriam Bédard Award Prix Jean-Philippe Le Guellec Award Prix Nikki Keddie Award</p> |  | <p>See Above This pin replaces the National Biathlon Championship pin Voir plus haut Cette épinglette remplace l'épinglette du championnat national de biathlon</p> | <p>Awarded to the Top Male and Female biathletes at the National Biathlon Championship. Top Youths receive the Myriam Bédard Award, Top Seniors receive the Jean-Philippe Le Guellec Award and Top Juniors receive the Nikki Keddie Award. Décernés aux meilleurs biathlètes masculins et féminins au Championnat National de Biathlon. Les meilleurs benjamins se méritent le Prix Myriam Bédard, les meilleurs Seniors se méritent le Prix Jean-Philippe Le Guellec et les meilleurs juniors se méritent le Prix Nikki Keddie.</p> |



ARMY CADET EXPEDITION PINS - ÉPINGLETTES DES EXPÉDITIONS DES CADETS DE L'ARMÉE

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'éligibilité |
|--|--|--|--|
| Regional Expedition Expédition régionale |  | <p>The Regional, National and International pin awarded under the Army Cadet Expedition Program shall be worn over the right breast pocket, centred 0.5 cm over the nametag.</p> <p>Only one Expedition pin is permitted on the uniform indicating the highest level attained by the cadet.</p> <p>This pin is worn on the jacket and on the shirt.</p> | <p>Participate in a Regional, National or International Expedition.</p> |
| National and International Expeditions Expédition nationale et internationale |  | <p>L'épinglette d'expédition régionale, nationale et internationale est décernée dans le cadre du programme d'expédition des cadets de l'armée. L'épinglette se porte centrée au-dessus de la poche de poitrine droite, à 0.5 cm au-dessus l'insigne de nom.</p> <p>Seulement une épinglette d'expédition est permise sur l'uniforme indiquant le plus haut niveau atteint par le cadet.</p> <p>Cette épinglette est portée sur la veste et sur la chemise</p> | <p>Participer à une expédition à l'échelle régionale, nationale ou internationale.</p> |






NATIONAL STAR OF EXCELLENCE – ÉTOILE NATIONALE D’EXCELLENCE

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme |
|---|--|--|
| <p>National Star of Excellence (NSE)</p> <p>Étoile nationale d'excellence (ENE)</p> |  | <p>Worn on the left sleeve, with the top of the badge 1 cm below the RCAC badge. Each level of NSE supersedes the previous level.</p> <p>Porté sur la manche gauche, le haut de l'insigne se trouvant à 1 cm sous l'insigne CadRAC. Chaque niveau de l'ENE remplace le niveau précédent.</p> |

CORPS SHOULDER BADGES - INSIGNES D'ÉPAULE DE CORPS

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'éligibilité |
|--|---|---|---|
| <p>Insignia Shoulder Title RCAC</p> <p>Insigne d'épaule des CadRAC</p> |  <p>Bears the number and official name of the corps Comporte le numéro et nom officiel du corps</p> | <p>Worn on both sleeves of the jacket only. The top of the badge is to be sown flush with the shoulder seam of the jacket.</p> <p>Se portent sur les deux manches de la veste seulement. L'extrémité supérieure de l'insigne doit être cousue le long de la couture supérieure de l'épaule.</p> | <p>Two per cadet. Deux par cadet.</p> |
| <p>RCAC Insignia</p> <p>Insigne des CadRAC</p> |  | <p>Worn on both sleeves of the jacket only. The bottom edge of the badge is to be sown 12cm below the shoulder seam of the jacket.</p> <p>Se portent sur les deux manches de la veste seulement. Le bas de l'insigne 12 cm au-dessous de la couture supérieure de l'épaule.</p> | <p>Two per cadet. Deux par cadet.</p> |

CORPS TRAINING LEVEL BADGES - INSIGNES DE NIVEAU D'ENTRAÎNEMENT AU CORPS

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme |
|---|---|--|
| Green Star Étoile verte |  | Centred on the right sleeve of jacket, the bottom of the badge 6 cm above the bottom of the cuff. Se porte centré sur la manche droite avec le bas de l'insigne 6 cm au-dessus du bas de la manche. |
| Red Star Étoile rouge |  | Same as Above. Takes precedence over and replaces the green star. Voir plus haut. A préséance et remplace l'étoile verte. |
| Silver Star Étoile argent |  | Same as Above. Takes precedence over and replaces the red star. Voir plus haut. A préséance et remplace l'étoile rouge. |
| Gold Star Étoile or |  | Same as Above. Takes precedence over and replaces the silver star. Voir plus haut. A préséance et remplace l'étoile argent. |
| National Star Certification Exam Examen national de certification d'étoile |  | Worn on the left sleeve, with the top of the badge one cm below the RCAC badge. Porté sur la manche gauche, le haut de l'insigne se trouvant à 1 cm sous l'insigne CadRAC. |



SUMMER TRAINING BADGES - INSIGNES D'INSTRUCTION COURS D'ÉTÉ





POSITIONING






- All summer training badges shall be worn on the right sleeve in their order of precedence, 1 cm above the Star Level badge. See Annex F, Appendix 8.
- Cadets may elect to wear all or only some of their CSTC badges. If they elect to wear more than one, it must be IAW the order of precedence described below.





POSITIONNEMENT





- Tous les insignes d'entraînement d'été doivent être portés sur la manche droite selon l'ordre de préséance établi et 1 cm au-dessus l'insigne de niveau d'étoile. Voir l'annexe F, appendice 8
- Les cadets peuvent choisir de porter tous ou certains de leurs insignes de CIEC. S'ils choisissent d'en porter plusieurs, ils doivent le faire selon l'ordre de préséance décrit ci-après.





| Course - Cours | Illustration | Order of precedence Ordre de préséance |
|--|--|--|
| General Training Instruction générale |  | Does not supersede other badges Ne remplace aucun autre insigne |
| Basic Leadership Leadership élémentaire |  | Does not supersede other badges Ne remplace aucun autre insigne |

| Course - Cours | Illustration | Order of precedence Ordre de préséance |
|--|---|--|
| Basic Expedition Expédition élémentaire |  | Does not supersede other badges Ne remplace aucun autre insigne |
| Basic Physical Fitness and Sports Conditionnement physique et sport élémentaire |  | Does not supersede other badges Ne remplace aucun autre insigne |
| Basic Marksman Tir de précision élémentaire |  | Does not supersede other badges Ne remplace aucun autre insigne |
| Basic Musician – Military band Musique militaire – musicien élémentaire |  | Does not supersede other badges Ne remplace aucun autre insigne |




| Course - Cours | Illustration | Order of precedence Ordre de préséance |
|---|--|--|
| Basic Musician – Pipes and Drums Corps de cornemuses – musicien élémentaire |  | Does not supersede other badges Ne remplace aucun autre insigne |
| Drill and Ceremonial Instructor Instructeur d'exercice militaire et cérémonial |  | Supersedes the Basic Leadership Badge Remplace l'insigne de leadership élémentaire |
| Expedition Instructor Instructeur d'expédition |  | Supersedes the Basic Expedition Badge Remplace l'insigne d'expédition élémentaire |
| Physical Fitness and Sports Instructor Instructeur de conditionnement physique et sports |  | Supersedes the Basic Fitness and Sports Badge Remplace l'insigne de Conditionnement physique et loisirs élémentaire |
| Air Rifle Marksmanship Instructor Instructeur en tir de précision, carabine à air comprimé |  | Supersedes the Basic Marksmanship Badge Remplace l'insigne de tir de précision élémentaire |

| Course - Cours | Illustration | Order of precedence Ordre de préséance |
|---|---|---|
| Fullbore Marksmanship Phase 1 Tir de précision gros calibre – Phase 1 |  | Supersedes the Basic Marksmanship Badge Remplace l'insigne de tir de précision élémentaire |
| Intermediate Musician – Military band Musique militaire – musicien intermédiaire |  | Supersedes the Basic Musician – Military Band badge Remplace l'insigne de Musique militaire – musicien élémentaire |
| Intermediate Musician – Pipes and Drums Corps de cornemuses – musicien intermédiaire |  | Supersedes the Basic Musician – Pipes and Drums Badge Remplace l'insigne de Corps de cornemuses – musicien élémentaire |
| Military Band – Advanced Musician Musique militaire – musicien avancé |  | Supersedes the Basic and Intermediate music courses Remplace l'insigne des cours de musique de base et intermédiaire |




| Course - Cours | Illustration | Order of precedence Ordre de préséance |
|--|---|---|
| Pipe Band – Advanced Musician Corps de cornemuses – musicien avancé |  | Supersedes the Basic and Intermediate Pipes and Drum course Remplace l’insigne d u cours de corps de cornemuses de base et intermédiaire |
| Leadership and Challenge Leadership et défi |  | Does not supersede any badge Ne remplace aucun insigne |
| Fullbore Marksmanship Phase 2 Tir de précision gros calibre – Phase 2 |  | Supersedes the Fullbore Marksmanship Phase 1 Badge and the Basic Marksman Badge Remplace l’insigne de tir de précision gros calibre – Phase 1 et l’insigne du cours élémentaire de tir |
| Army Cadet Exchange (ACE) Échange des cadets de l’Armée (ECA) |  | Does not supersede any badge Ne remplace aucun insigne |





| Course - Cours | Illustration | Order of precedence Ordre de préséance |
|---|--|--|
| Maple Leaf England Feuille d'érable Angleterre |  | Does not supersede any badge Ne remplace aucun insigne |
| Outward Bound Wales Surpassement de soi (Pays de Galles) |  | Does not supersede any badge Ne remplace aucun insigne |
| Outward Bound Scotland Surpassement de soi (Écosse) |  | Does not supersede any badge Ne remplace aucun insigne |
| Staff Cadet Cadet-cadre |  | Does not supersede any badge. One one staff cadet badge is worn on the uniform. Ne remplace aucun insigne. Un seul insigne de cadet-cadre est porté sur l'uniforme. |

APPOINTMENT BADGES - INSIGNES DE NOMINATION




| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme |
|---|--|--|
| <p>Master Cadet Cadet-maître</p> |  | <p>Worn on the left sleeve, with the top of the badge one cm below the RCAC badge. Replaces the NSCE badge.</p> <p>Porté sur la manche gauche, le haut de l'insigne se trouvant à 1 cm sous l'insigne CadRAC. Remplace l'insigne de l'ENCE.</p> |
| <p>Drum Major Tambour-major</p> |  | <p>The wear of this badge is optional. The badge is worn on the right sleeve at 20 cm above the bottom of the cuff. See Annex F, Appendix 8 for placement.</p> <p>Le port de cet insigne est optionnel. Il se porte à 20 cm au-dessus du bord de la manche. Voir l'annexe F, appendice 8 pour l'emplacement.</p> |
| <p>Pipe Major Cornemuseur-major</p> |  | <p>Same as above Voir plus haut</p> |

RANK BADGES - INSIGNES DE GRADE


| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme |
|---|--|--|
| Chief Warrant Officer Adjudant-chef |  | <p>Worn centred on the right sleeve with the lower edge of the badge 20 cm above the bottom edge of the sleeve or 1 cm above the drum major or pipe major appointment badge.</p> <p>Se porte centré sur la manche droite avec le bas de l'insigne 20 cm au-dessus du bas de la manche ou 1 cm au-dessus de l'insigne de nomination de tambour-major ou de cornemuseur-major.</p> |
| Master Warrant Officer Adjudant-maître |  | <p>Same as Above Voir plus haut</p> |
| Warrant Officer Adjudant |  | <p>Same as Above Voir plus haut</p> |

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme |
|---------------------------------|---|--|
| Sergeant Sergent |  | <p>Worn centred on the right sleeve with the top of the maple leaf 2 cm below the RCAC badge.</p> <p>Porté centré sur la manche, le haut de la feuille d'érable à 2 cm en-dessous de l'insigne des CadRAC.</p> |
| Master-Corporal Caporal-chef |  | <p>Same as Above Voir plus haut</p> |
| Corporal Caporal |  | <p>Worn centred on the right sleeve with the leading edge of the badge 2 cm below the RCAC badge.</p> <p>Porté centré sur la manche, les pointes supérieures de l'écusson 2 cm en-dessous de l'insigne des CadRAC.</p> |
| Lance Corporal Lance-caporal |  | <p>Same as Above Voir plus haut</p> |





MARKSMANSHIP CLASSIFICATION BADGES - INSIGNES DE CLASSIFICATION DE TIR

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme |
|---|---|--|
| <p>Marksman (Level I) Tireur d'élite première classe (Niveau I)</p> |  | <p>Marksmanship qualification badges are placed 6 cm from the bottom edge of the left sleeve. For the first three levels, the numeral badge is placed at 6 cm and the crossed rifles are positioned 0.5 cm above the numeral badge.</p> <p>Only the badge for the highest level attained shall be worn.</p> <p>(Illustrated References at Annex F, Appendix 9)</p> |
| <p>First Class Marksman (Level II) Tireur d'élite (Niveau II)</p> |  | <p>Les insignes de qualifications de tir se portent à 6 cm du bas de la manche gauche. Pour les trois premiers niveaux, l'insigne numérique est placé à 6 cm et l'insigne d'épées croisées est placé à 0.5 cm au-dessus de l'insigne numérique.</p> <p>Seul l'insigne indiquant le niveau le plus élevé atteint est porté.</p> <p>(Références Illustrées à l'Annexe F, Appendice 9)</p> |
| <p>Expert Marksman (Level III) Tireur expert (Niveau III)</p> |  | <p>(Références Illustrées à l'Annexe F, Appendice 9)</p> |



MARKSMANSHIP CLASSIFICATION BADGES - INSIGNES DE CLASSIFICATION DE TIR

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme |
|--|---|--|
| Distinguished Marksman Tireur émérite |  | Same as Above Voir plus haut |

FITNESS BADGES - INSIGNES DE CONDITIONNEMENT PHYSIQUE

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'éligibilité |
|------------------|---|--|--|
| Bronze |  | <p>The Army Cadet Fitness badge is worn on the left sleeve only. Only the badge for the highest level attained shall be worn. (Illustrated References at Annex F, Appendix 9)</p> <p>L'insigne de conditionnement physique des cadets de l'armée est porté sur la manche gauche seulement. Seul l'insigne indiquant le niveau le plus élevé atteint est porté. (Références Illustrées à l'Annexe F, Appendice 9)</p> | <p>Requirements as detailed in CATO 14-18. Exigences détaillées dans l'OAIC 14-18.</p> |
| Silver Argent |  | | <p>Same as Above Voir plus haut</p> |
| Gold Or |  | | <p>Same as Above Voir plus haut</p> |
| Excellence |  | | <p>Same as Above Voir plus haut</p> |

FIRST AID BADGES - INSIGNES DE SECOURISME

| Badge Insigne | Illustration | Position on uniform Position sur l'uniforme | Conditions of eligibility Conditions d'éligibilité |
|---|---|---|---|
| <p>Standard First Aid Badge Secourisme général</p> |  | <p>The First Aid Badge is worn on the left sleeve only. (Illustrated References at Annex F, Appendix 9)</p> | <p>Must meet the training requirements as established by St. John Ambulance</p> |
| <p>Emergency First Aid Badge Secourisme d'urgence</p> |  | <p>L'insigne de secourisme est porté sur la manche gauche seulement. (Références Illustrées à l'Annexe F, Appendice 9)</p> | <p>Doit satisfaire aux exigences d'entraînement établies par l'Ambulance St. Jean</p> |

POLICY - MUSIC BADGES

GENERAL

1. Music training for Army cadets is conducted in accordance with A-CR-CCP-166/PT001.
2. Music badges to indicate successful completion of music training are in two categories:
 - a. music qualification badges; and
 - b. summer training badges.
3. The music qualification badges can be obtained through music training.
4. The Cadet Summer Training Centre badges can only be obtained by successful completion of a course at a CSTC.
5. Music badges are:
 - a. music qualification badges:
 - (1) all music qualification badges shall be worn on the left sleeve,
 - (2) upon achieving all POs required for a music qualification level, a music proficiency level badge will be awarded,
 - (3) an approved delegate by the RCMA may award music proficiency badges up to level III, and
 - (4) Level IV and V badges are issued on approval of regional music staff; and

POLITIQUE – INSIGNES DE MUSIQUE

GÉNÉRALITÉS

1. L'entraînement de musique des cadets de l'Armée est mené conformément à A-CR-CCP-166/PT001.
2. Les insignes de musique indiquant la réussite du cours de musique se divisent en deux catégories :
 - a. insignes de qualification en musique; et
 - b. insignes d'instruction d'été.
3. Les insignes de qualification en musique sont obtenus à la suite d'un entraînement en musique.
4. Les insignes d'instruction d'été ne peuvent être obtenus qu'après avoir terminé et réussi un cours à un CIEC.
5. Les insignes de musique sont :
 - a. insigne de qualification en musique :
 - (1) tous les insignes de qualification en musique se portent sur la manche gauche,
 - (2) après avoir terminé et réussi tous les objectifs de rendement requis pour un niveau, l'insigne du niveau de compétence approprié sera décerné,
 - (3) un délégué approuvé par l'ORMR peut décerner les insignes du niveau de compétence en musique jusqu'au niveau III, et
 - (4) les insignes du niveau IV et V sont décernés avec l'approbation du personnel régional de musique; et

b. Summer Training badges:

- (1) CSTC music qualification badges shall be worn on the right sleeve while advanced music courses shall be worn on the left sleeve, and
- (2) all army cadets shall wear the applicable CSTC course qualification badge upon successful completion of any of the following summer courses:
 - (a) Basic music courses,
 - (b) Intermediate musician courses, and
 - (c) Advanced music courses.

b. insignes d'instruction d'été :

- (1) les insignes de qualification des cours en musique aux CIEC se portent sur la manche droite alors que ceux des cours avancé se portent sur la manche gauche, et
- (2) tous les cadets de l'armée doivent porter l'insigne de qualification approprié des cours en musique aux CIEC après avoir terminé et réussi un des cours d'été suivants :
 - (a) cours élémentaire de musique,
 - (b) cours intermédiaire de musique, et
 - (c) cours avancé de musique.

APPOINTMENT BADGES

6. The appointment of a cadet musician as a Pipe Major or a Drum Major is at the discretion of the Corps CO and shall be based on the following requirements. A pipe or drum major should preferably be qualified Level III, shall hold the minimum rank of corporal and shall have completed any Army cadet music course. Only one cadet musician may be appointed as the Corps Pipe Major or Drum Major at any one time.

7. The Pipe Major or Drum Major Appointment Badge shall be worn as described in this CATO.

INSIGNES DE NOMINATION

6. La nomination d'un cadet-musicien à Cornemuseur-major ou à Tambour-major est laissée à la discrétion du cmdt du corps de cadets et doit suivre les exigences énumérées ci-après. Un cornemuseur-major ou un tambour-major devrait préférablement être qualifié niveau III, il doit occuper le grade minimum de caporal et il doit avoir complété un des cours des cadets de l'armée en musique. Un seul cadet peut occuper la position de cornemuseur-major ou de tambour-major en tout temps.

7. L'insigne de nomination de cornemuseur-major ou celle de tambour-major doit être portée tels que décrits dans la présente OAIC.

ILLUSTRATED REFERENCES

GENERAL

1. The appendices to this annex detail the placement of badges, pins, medals and other items on the uniform, as well as hair and moustache standards, knotting of the tie and lacing of the boots.

2. The illustrated references are separated into the following appendices:

Appendix 1: Headdress

Appendix 2: Hair and Moustache

Appendix 3: Knotting of tie

Appendix 4: Lanyard

Appendix 5: Right Breast Pocket

Appendix 6: Left Breast Pocket

Appendix 7: Wearing of the Poppy

Appendix 8: Right Sleeve

Appendix 9: Left Sleeve

Appendix 10: Lacing of Boots

Appendix 11: Wear of a commemorative pin

Appendix 12: Placement of CCO ribbons

RÉFÉRENCES ILLUSTRÉES

GÉNÉRALITÉS

1. Les appendices à cette annexe précisent l'emplacement des insignes, épinglettes, médailles et autres items sur l'uniforme, ainsi que les normes pour les cheveux et la moustache, le nouage de la cravate et le laçage des bottes.

2. Les références illustrées sont séparées dans les appendices suivants:

Appendice 1: Coiffure

Appendice 2: Cheveux et moustache

Appendice 3: Nœuds de cravate

Appendice 4: Cordon

Appendice 5: Poche de poitrine droite

Appendice 6: Poche de poitrine gauche

Appendice 7: Port du coquelicot

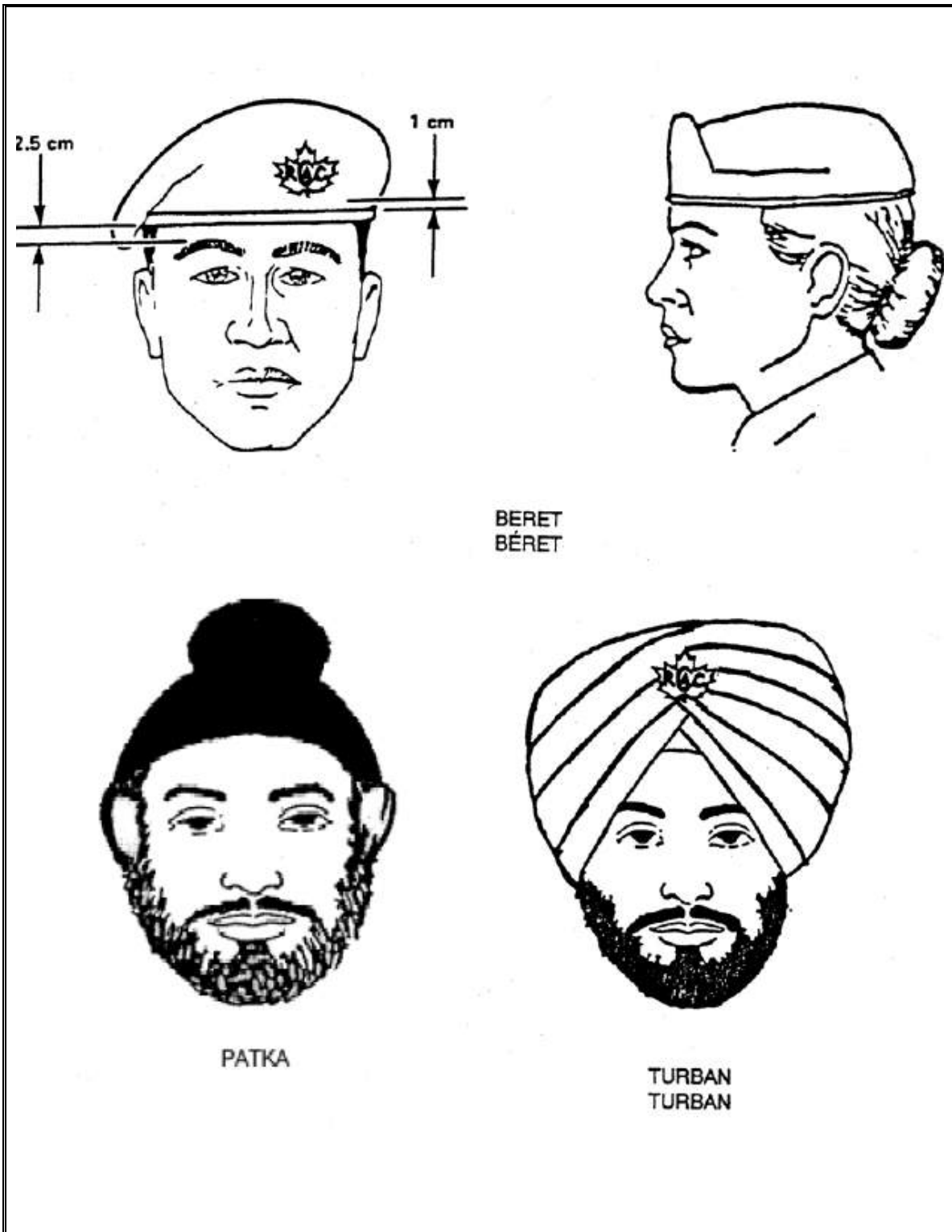
Appendice 8: Manche droite

Appendice 9: Manche gauche

Appendice 10: Laçage des bottes

Appendice 11: Port d'une épinglette commémorative

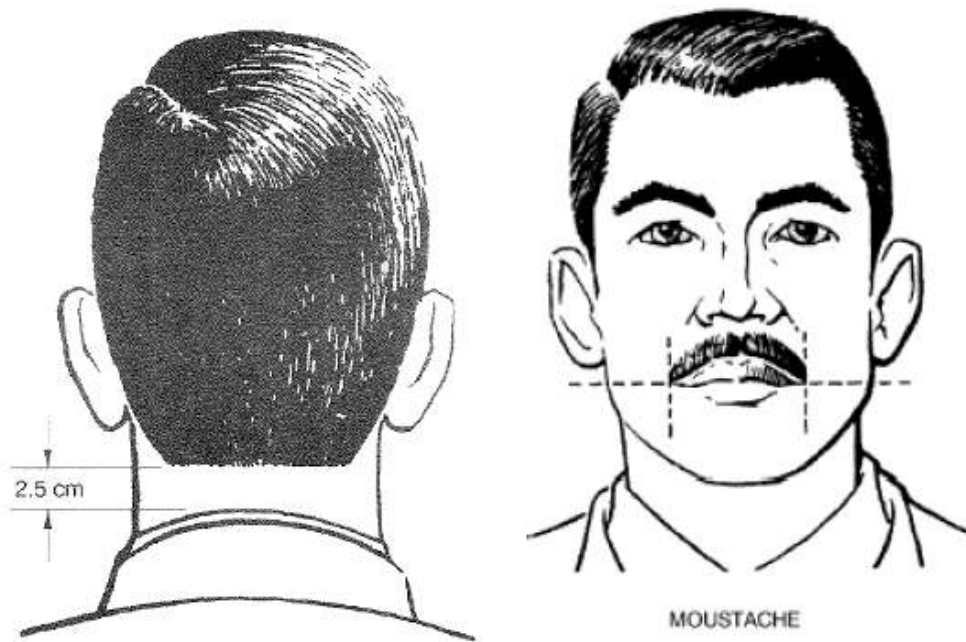
Appendice 12: Placement des rubans des OCC



Headdress - Coiffure



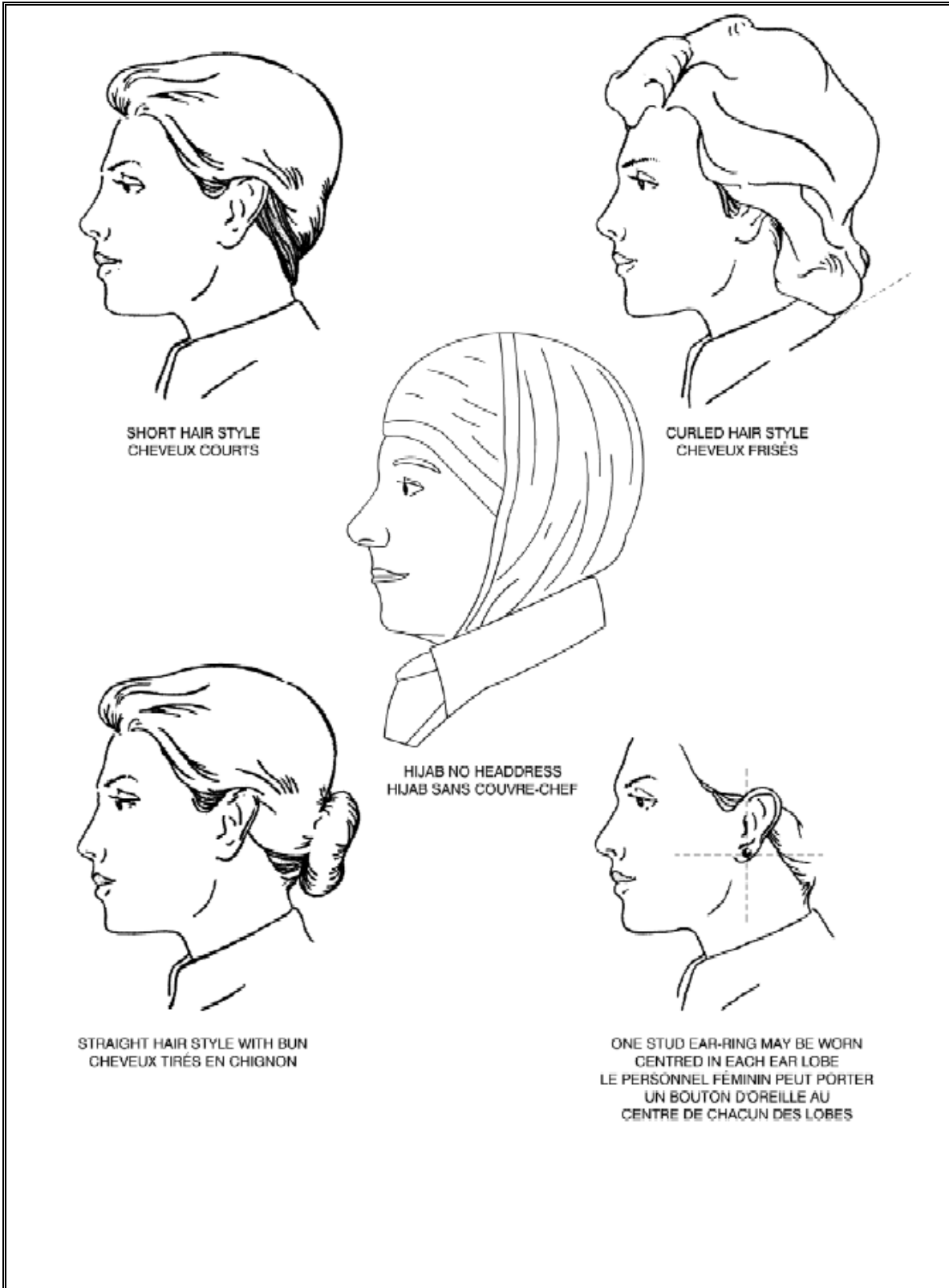
TAPER TRIMMED HAIRCUT CONVENTIONAL
COUPE DE CHEVEUX AMINCIE CONVENTIONNELLE



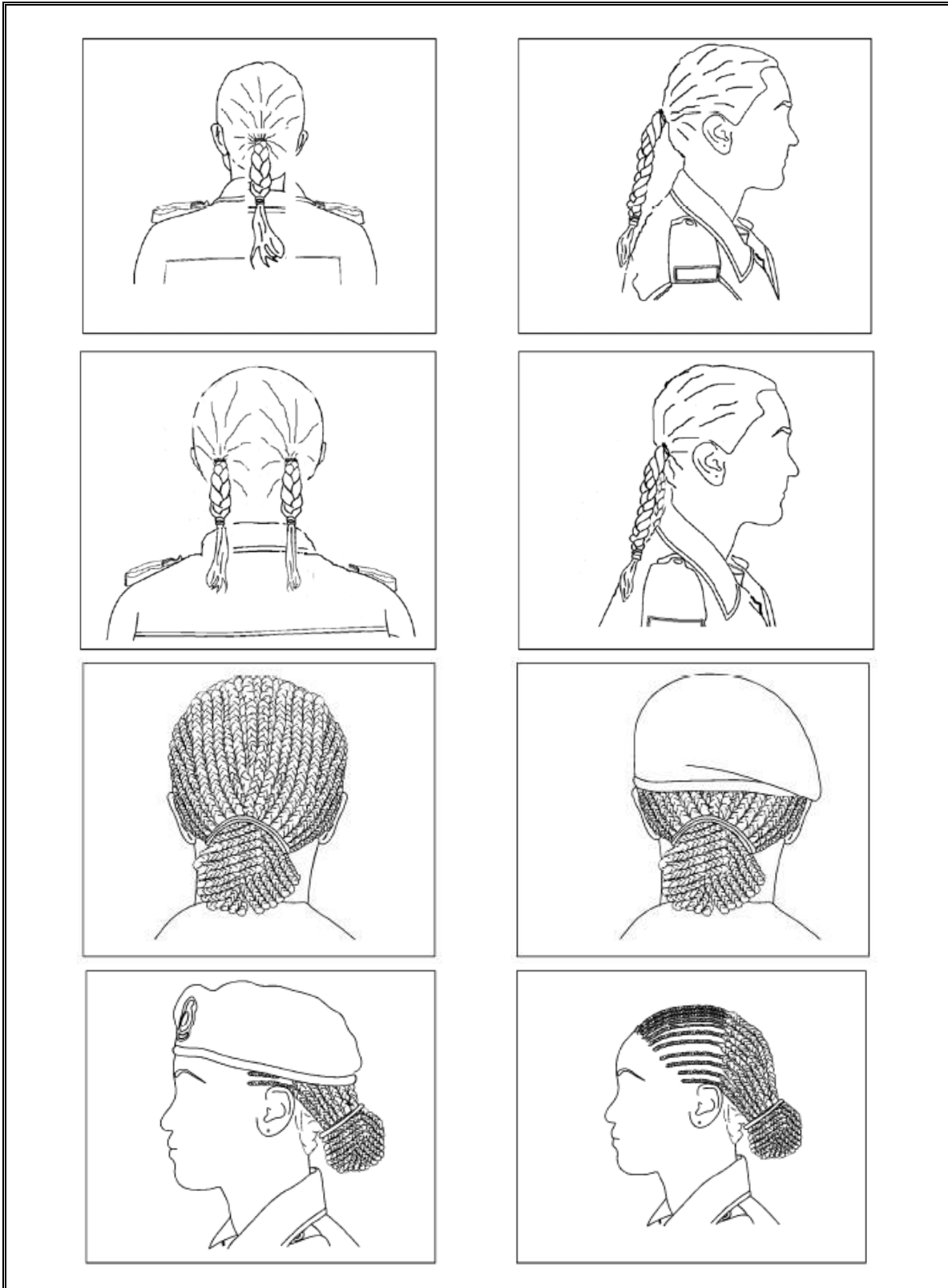
TAPER TRIM HAIRCUT - STRAIGHT BACK APPEARANCE
COUPE DE CHEVEUX AMINCIE AVEC APPARENCE D'UNE COUPE DROITE

MOUSTACHE

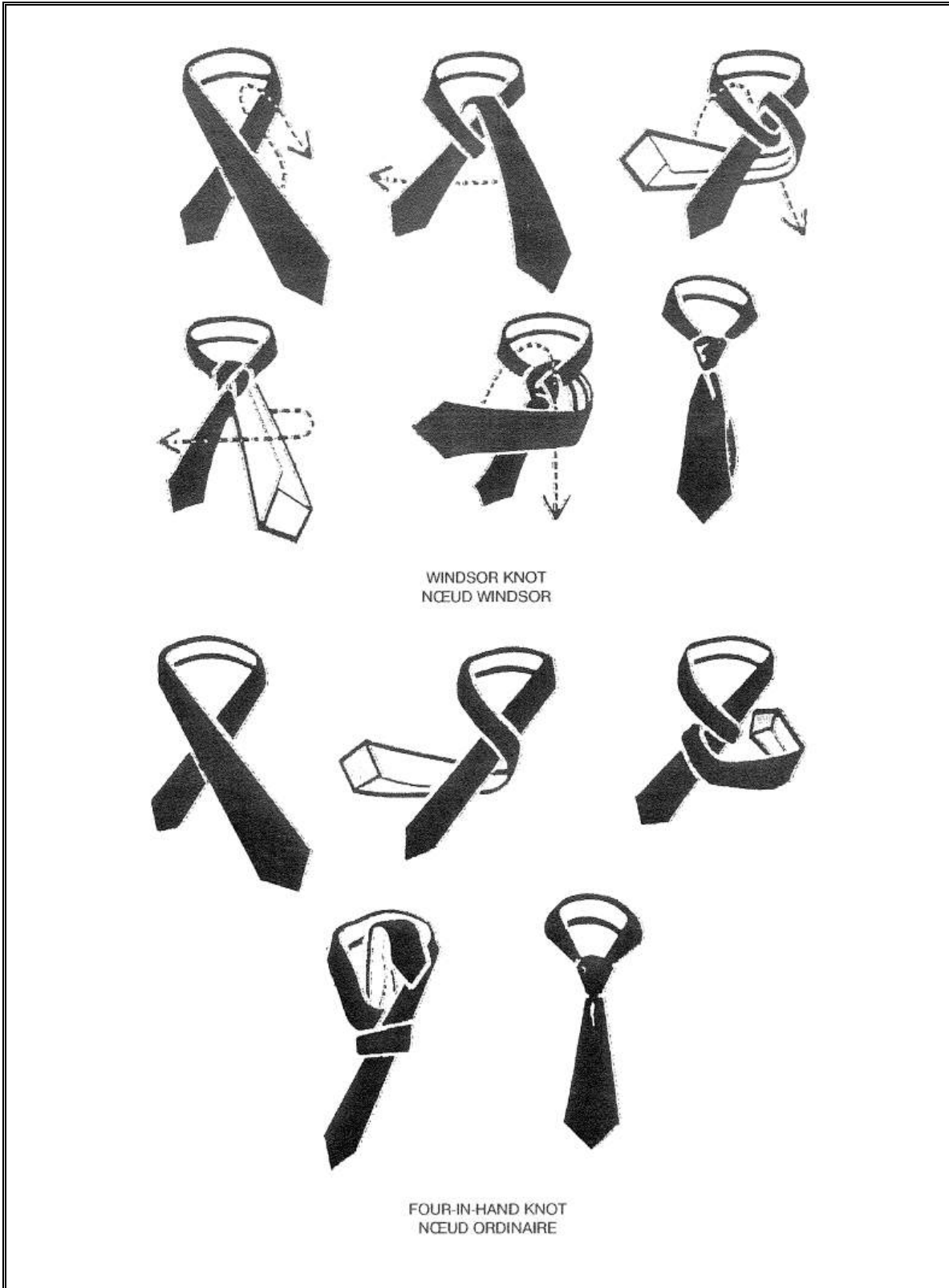
Hair and Moustache – Male Cadets
Cheveux et moustache – cadets



Hair – Female Cadets
Cheveux – Cadette



Hair – Female Cadets (Braids)
Cheveux – cadettes (Tresses)



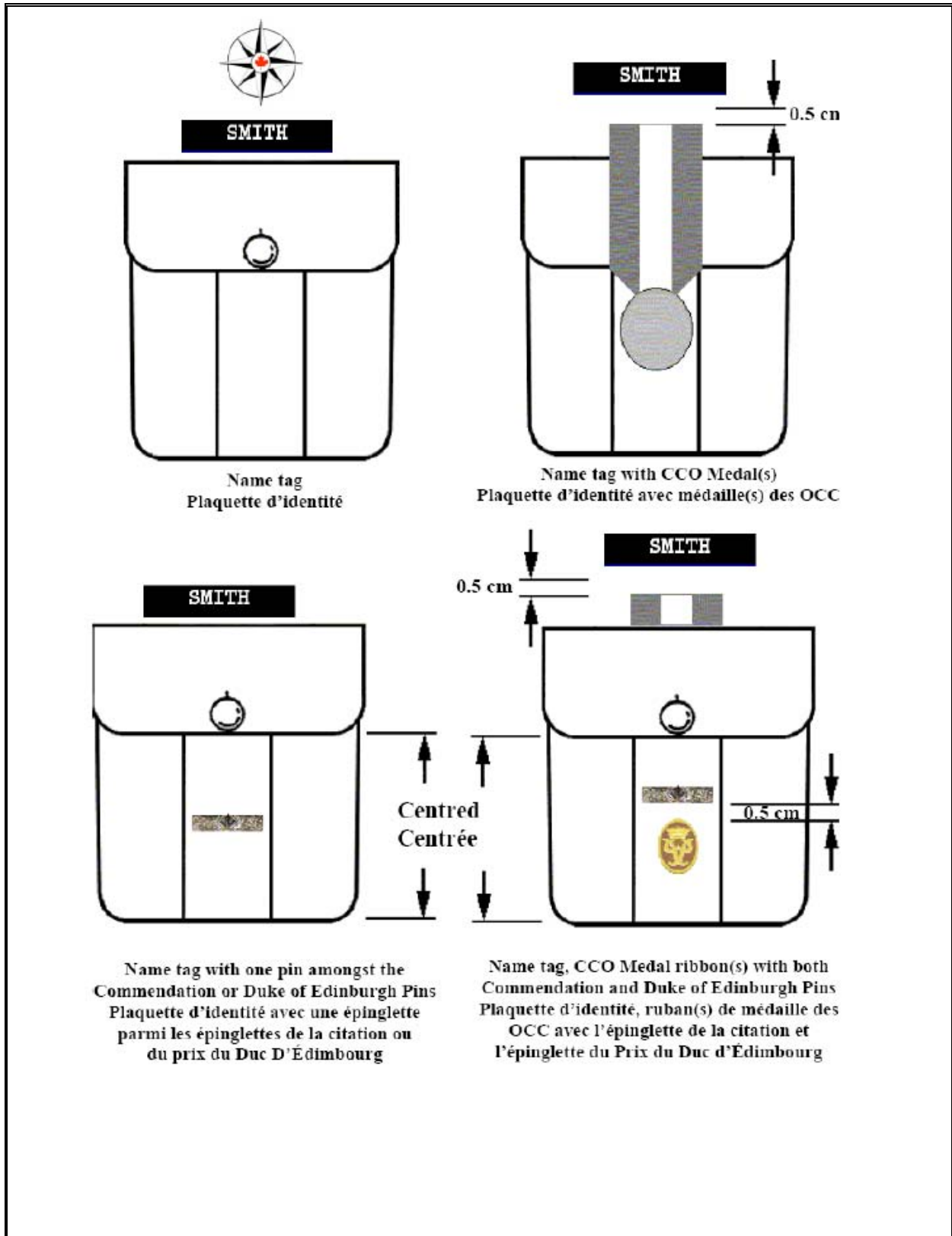
Knotting of Tie - Nœuds de cravate



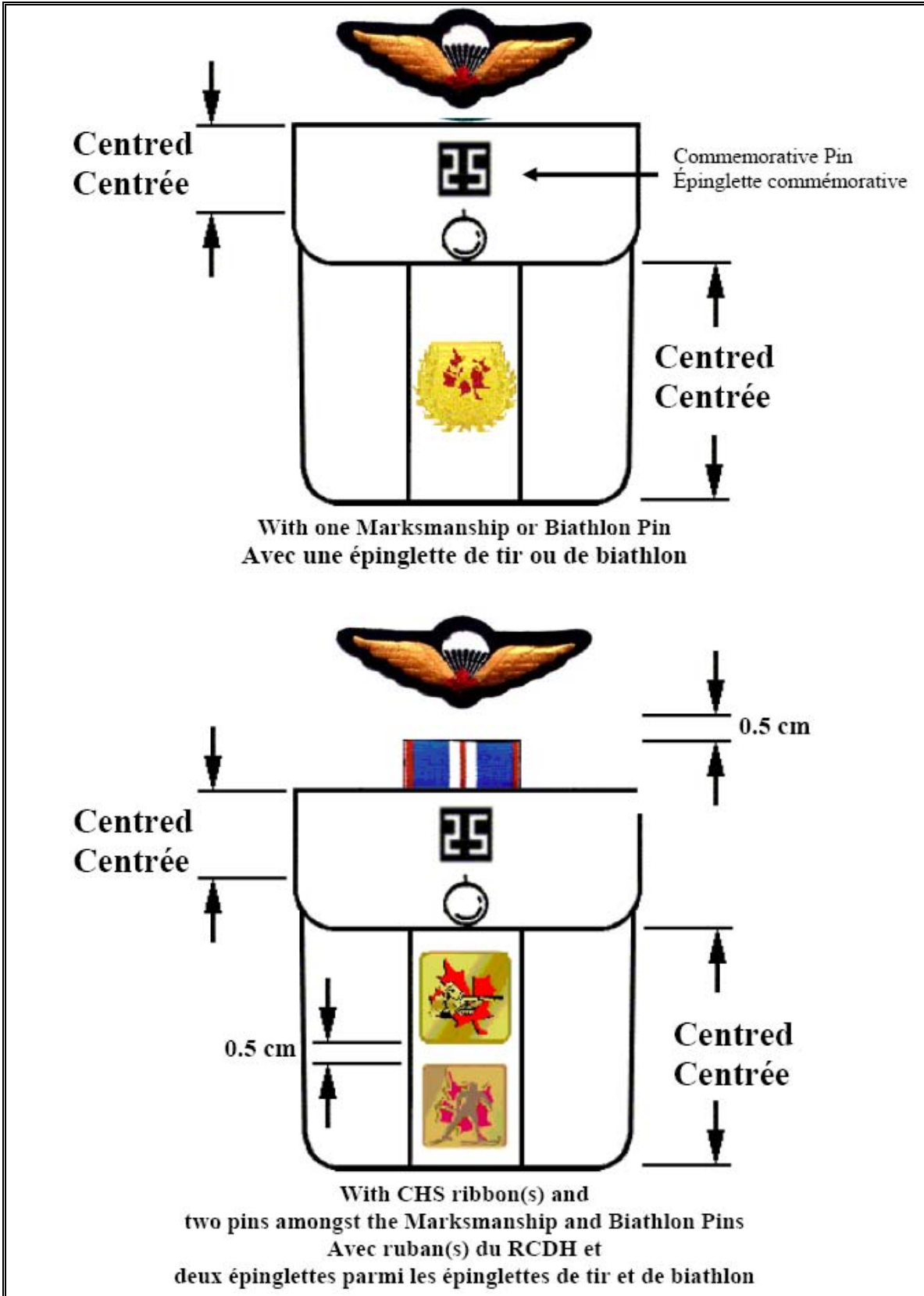
Step 1: Pass the lanyard under the left shoulder strap and under the arm.
Step 2: Thread the cord through the eyelet and tighten under the arm.
Step 3: Loop the loose cord around the left breast pocket button, and fasten the button.

Étape 1: Passer le cordon sous la patte d'épaule gauche et sous le bras.
Étape 2: Passer le cordon dans l'œillet et tendre sous le bras.
Étape 3: Passer le cordon pendant autour du bouton de la poche de poitrine gauche et attacher le bouton.

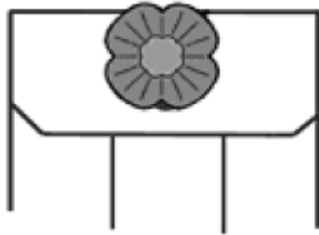
Lanyard - Cordon



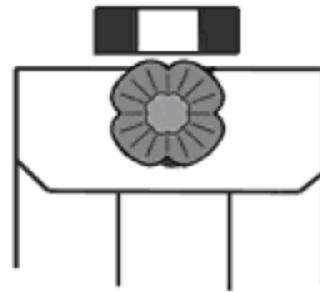
Right Breast Pocket - Poche de poitrine droite



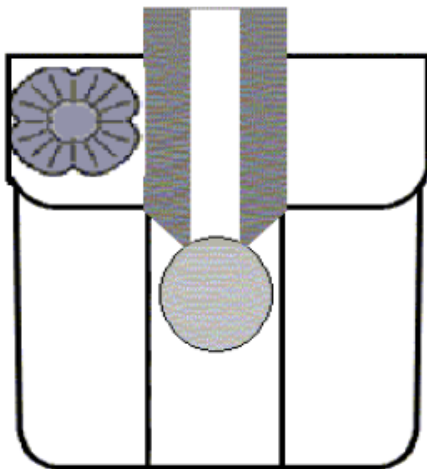
Left Breast Pocket - Poche de poitrine gauche



**Shirt and cadet jacket
Chemise et vareuse de cadet**



**Shirt and cadet jacket with CHS Medals
ribbon(s)
Chemise et vareuse de cadet
avec ruban(s) du RCDH**



**Cadet jacket with CHS Medal(s)
Vareuse de cadet avec médaille(s) du RCDH**



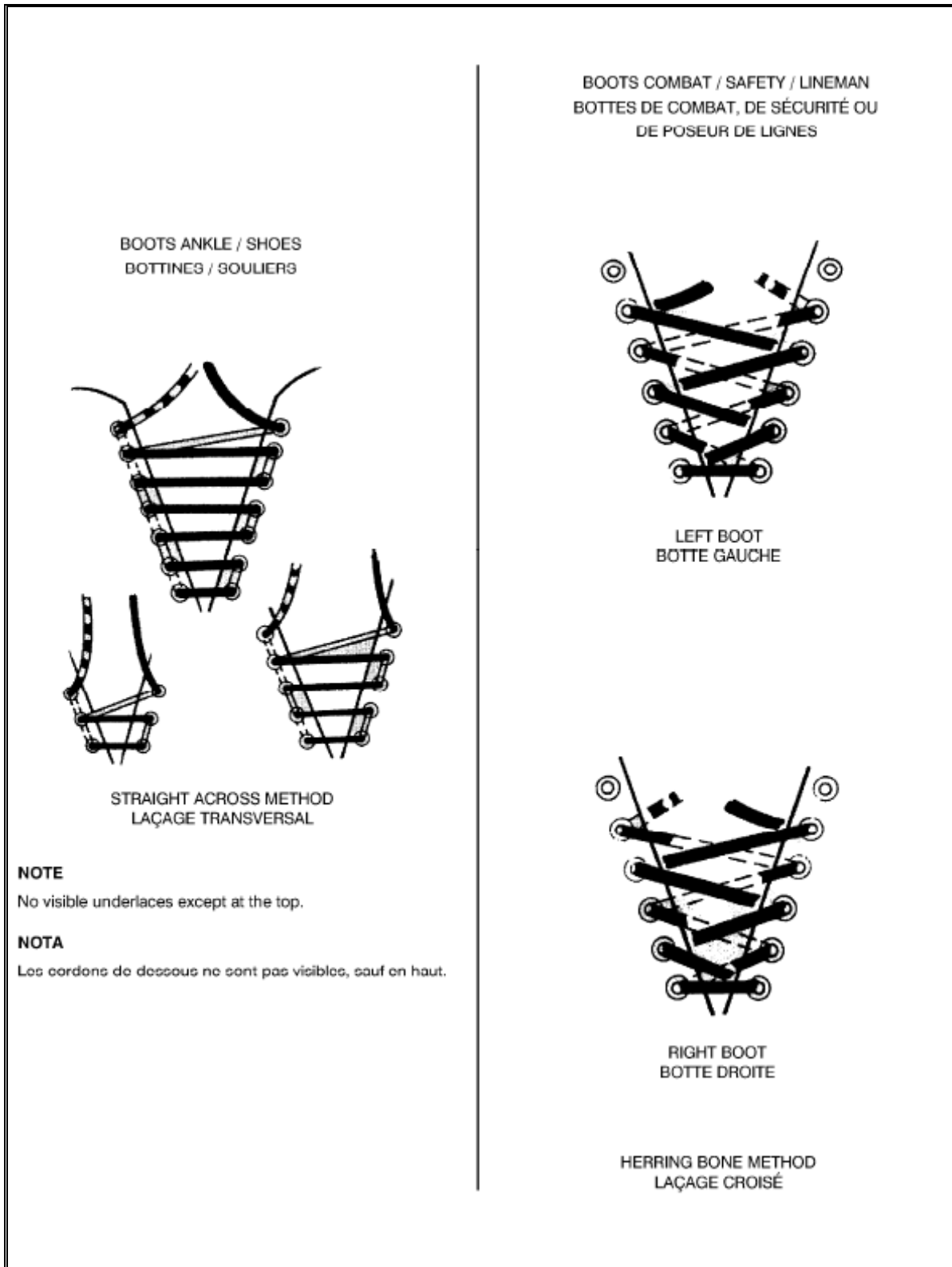
**All-season jacket
Manteau toutes-saisons**

Wearing of the Poppy (left pocket) - Port du coquelicot (poche de gauche)

Right Sleeve - Manche de droite

Right Sleeve – Precedence of CSTC badges

Manche droite – Préséance des insignes de CIEC



Lacing of Boots - Laçage des bottes



Only one commemorative pin is to be worn at once.

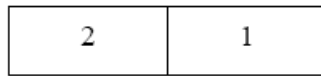
When several commemorative pins are available for wear, the decision to choose one over another is to be made by the Corps Commanding Officer.

Les cadets ne peuvent porter qu'une épinglette commémorative à la fois.

Si plusieurs épinglettes commémoratives sont disponibles, la décision de porter l'une au lieu d'une autre doit être prise par le commandant du corps de cadets.

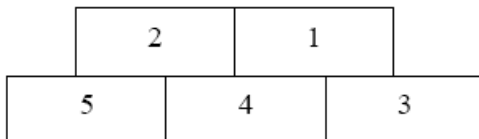
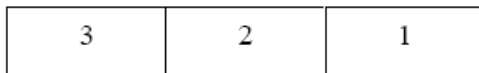
Wear of a Commemorative pin – Port d'une épinglette commémorative

RIBBONS ON RIGHT POCKET
RUBANS DE LA POCHE DROITE



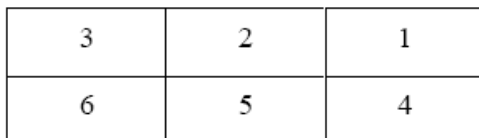
Ribbons are to be placed in the following order of priority:

- Bravery Medal for Cadets;
- Lord Strathcona Medal;
- Royal Canadian Legion Medal of Excellence;
- MGen W.A. Howard Medal;
- ANAVETS;
- Army Cadets Service Medal

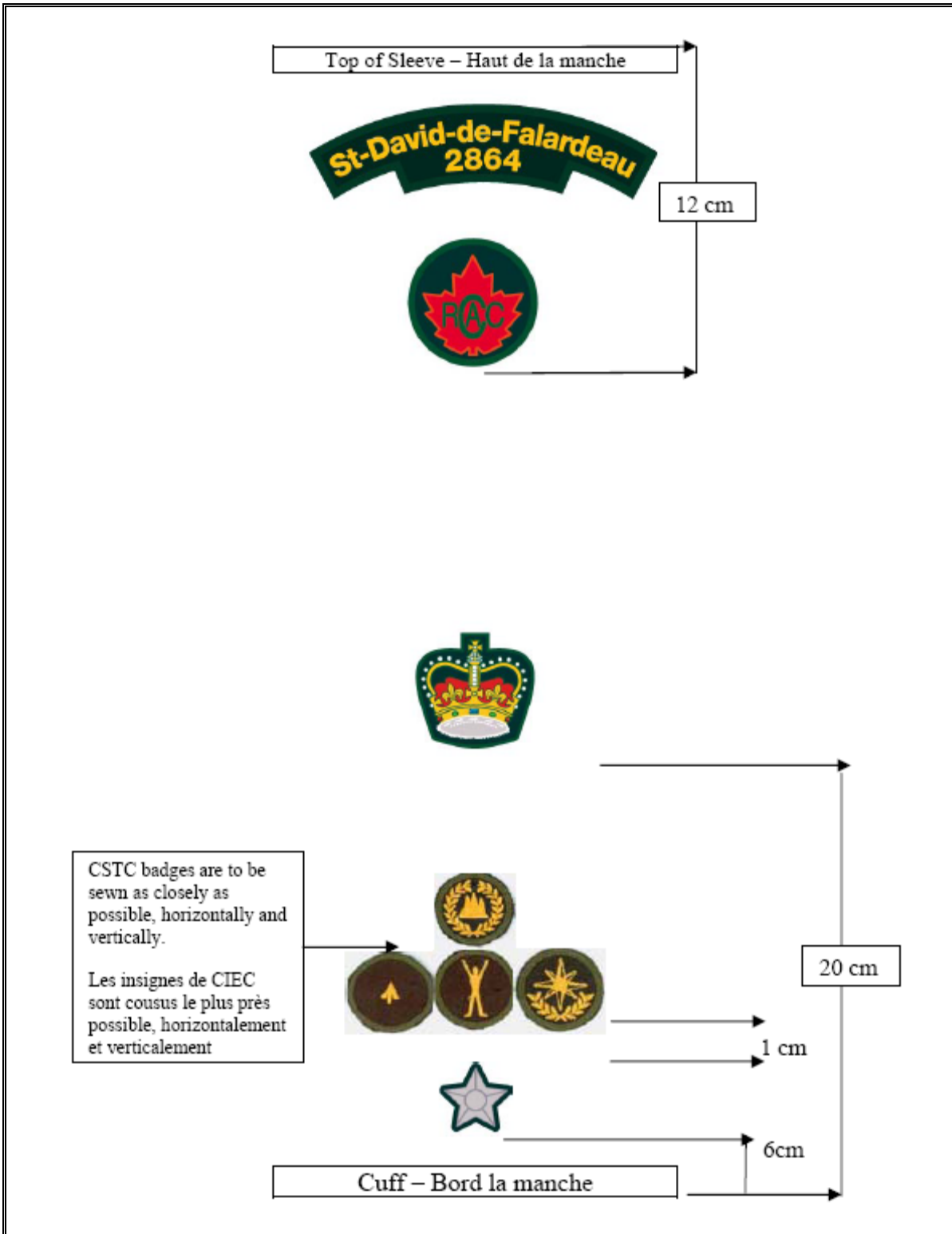


Les rubans seront placés dans l'ordre de priorité suivant:

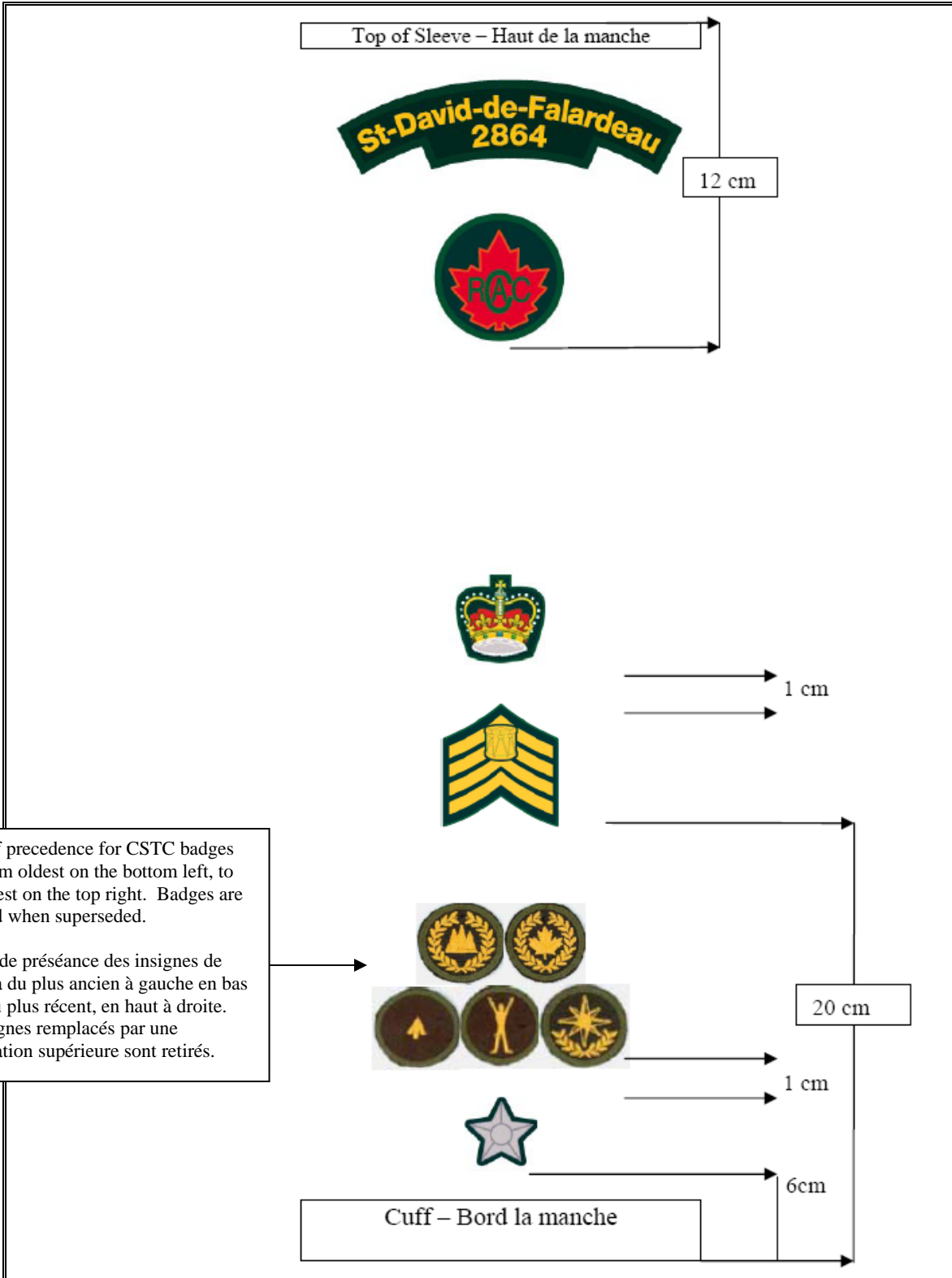
- Médaille de bravoure pour cadets;
- Médaille de Lord Strathcona;
- Médaille d'excellence de la Légion royale canadienne;
- la médaille du Mgen W.A. Howard;
- ANAVETS;
- Médaille de service des cadets de l'Armée



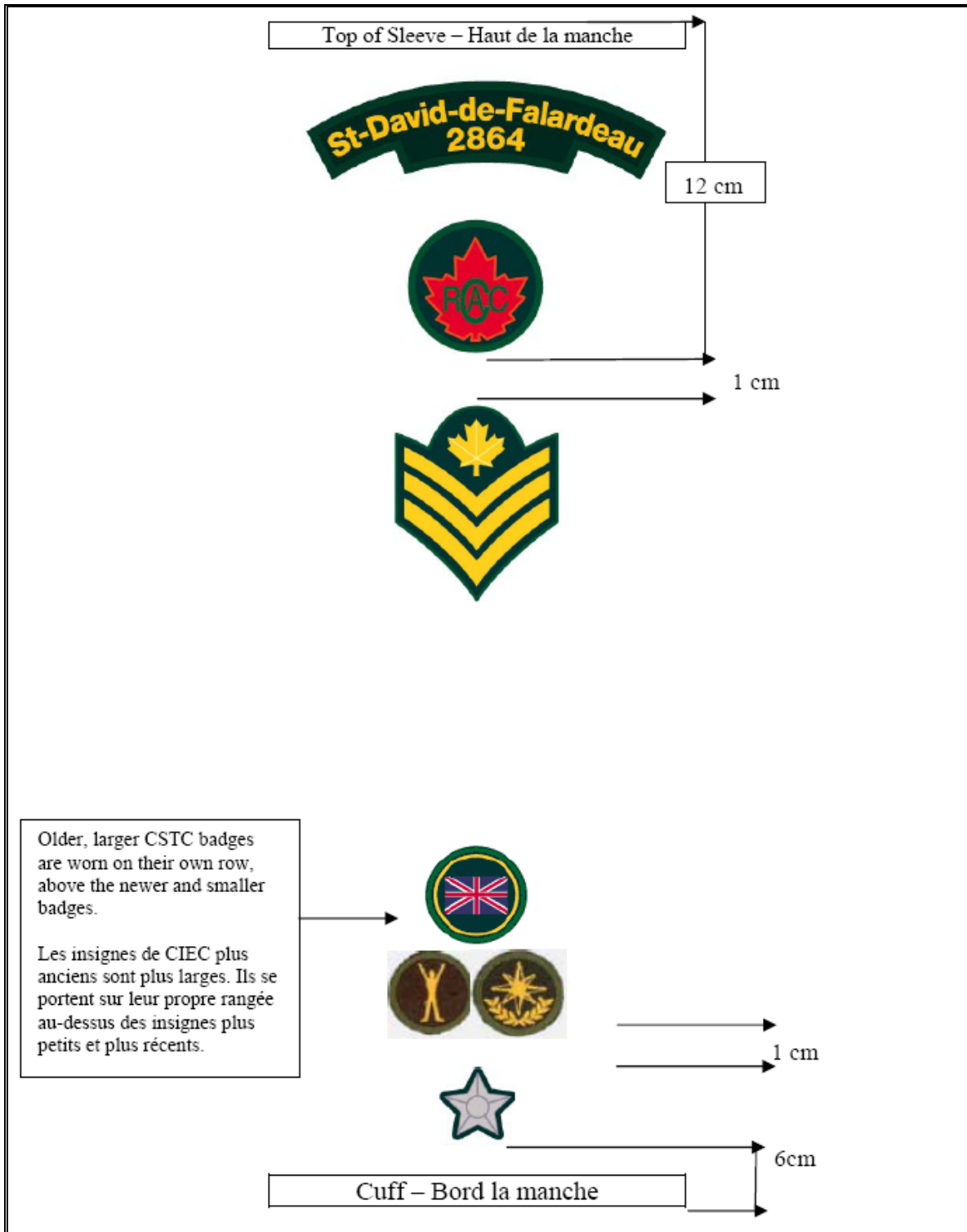
Placement of CCO Ribbons – Placement des rubans des OCC



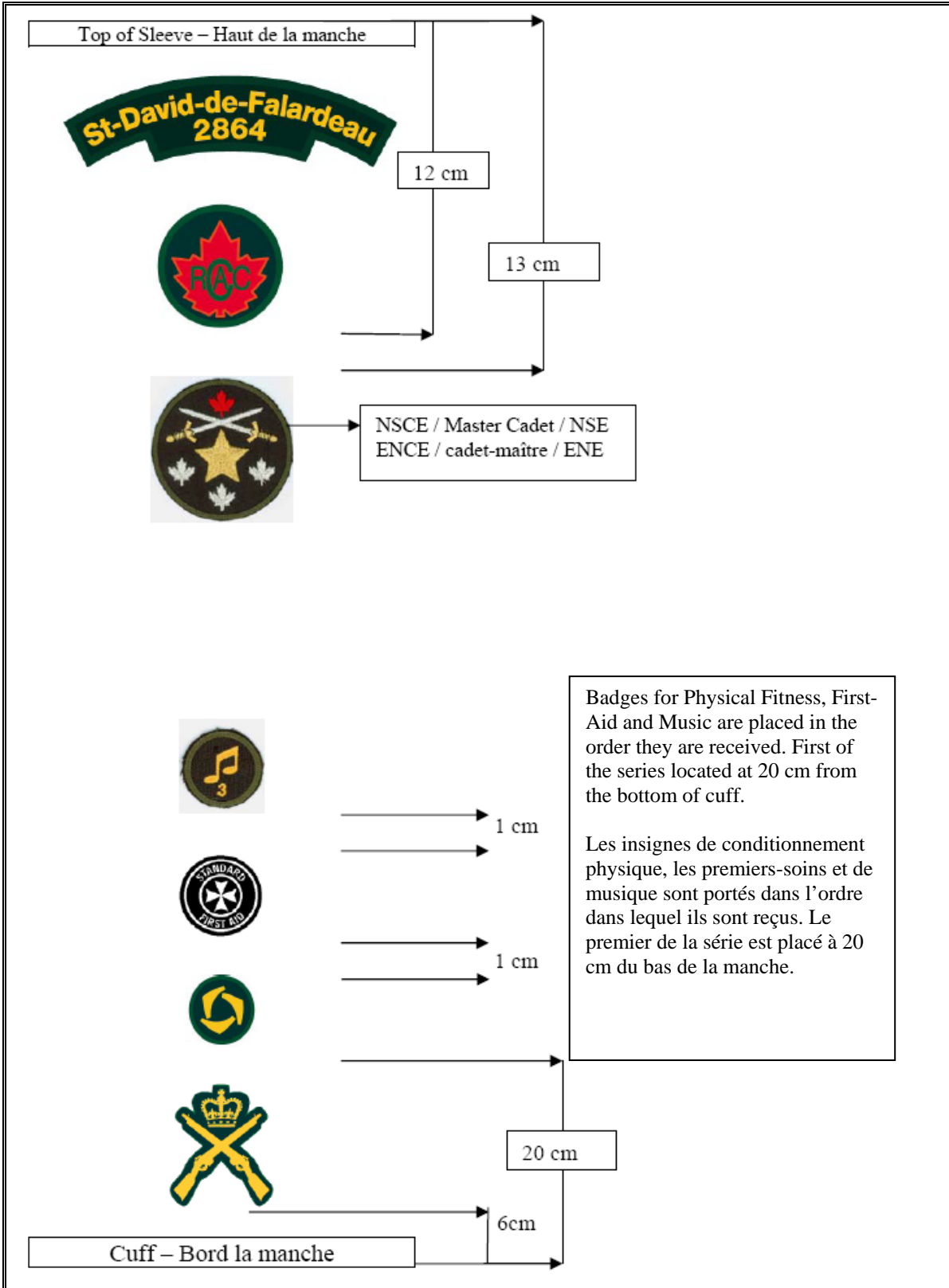
Right Sleeve - Manche de droite



Right Sleeve – Precedence of CSTC badges
Manche droite – Préséance des insignes de CIEC



Right Sleeve – Placement of older CSTC badges
Manche droite – Emplacement des anciens insignes de CIEC



Left Sleeve - Manche de gauche

ARMY CADET (AC) CSTC PROGRAM

| Developmental Period | DP 1 | | DP 2 | | DP 3 | |
|---------------------------|-----------------|---|---|---|----------------------------|--|
| | 12/13 | 13/14 | 14/15 | 15/16 | 16/17 | 17 + |
| Typical Age | 1 | 2 | 3 | 4 | 5 | 6 + |
| Program Year | Green | Red | Silver | Gold | Master Cadet | -- |
| Star Level | 2 Weeks | 3 Weeks | 6 Weeks | 6 Weeks | 6 Weeks | 6 Weeks |
| Course Duration | | | | | | |
| Ceremonial | | AC Introduction to Leadership | AC Leadership Instructor Course | AC Advanced Ceremonial Drill Course | | |
| Expedition | | AC Introduction to Expedition Course | AC Expedition Instructor Course | AC Leadership and Challenge Course | | AC Senior Expeditions (OBW/OBS/Maple Leaf) |
| Target Rifle Marksmanship | | AC Introduction to Rifle Marksmanship Course | AC Target Rifle Marksmanship Course | AC Advanced Target Rifle Marksmanship Course (7 Weeks) | | National Army Cadet Target Rifle Marksmanship Team |
| Air Rifle Instructor | | | Air Rifle Marksmanship Instructor Course | | | |
| Fitness and Sports | AC Basic Course | Introduction to Fitness and Sports Course | Fitness and Sports Instructor Course | | | |
| Military Band | | Basic Military Band Musician Course (Level B+) | Junior Military Band Musician Course (Level 1 – 2+) | Intermediate Military Band Musician Course (Level 3 – 4+) | | |
| Pipes and Drums | | Basic Pipe Band Musician Course (Level B+) | Junior Pipe Band Musician Course (Level 1 – 2+) | Intermediate Pipe Band Musician Course (Level 3 – 4+) | | |
| Exchanges | | | | | AC Exchanges (ICE/FRG/USA) | |
| Basic Parachutist | | | | | Basic Parachutist Course | |
| Staff Cadet | | | | | Staff Cadet (7 Weeks) | |

CHAPTER 2**SQUAD DRILL AT THE HALT
WITHOUT ARMS****FORMATION OF A SQUAD**

1. As soon as practicable after arrival at the recruit training establishment, recruits shall be instructed on squad formations. These formations are essential to maintain control and ensure uniformity throughout recruit training.

2. On the command FORM UP IN SINGLE (TWO) (THREE) RANKS – MOVE, all persons so ordered will:

- a. assume the position of attention;
- b. observe the standard pause;
- c. stepping off with the left foot, march forward towards the instructor; and
- d. the first individual approaching the instructor will halt three paces directly in front, and the remainder will cover him and/or fall in on his left at arm's length intervals in accordance with Figure 2-1.

3. The instructor shall decide what formation to use. As a guide, a squad of:

- a. five or fewer form a single rank;
- b. six to nine form up in two ranks; and
- c. ten or more form up in three ranks.

POSITION OF ATTENTION

4. The position of attention is one of readiness for a word of command. Alertness and exactness in this position is important, and therefore personnel should not be kept at attention longer than necessary.

5. The position of attention is the position adopted by all when addressing a superior.

CHAPITRE 2**EXERCICE D'ESCOUADE À LA HALTE
SANS ARMES****FORMATION D'UNE ESCOUADE**

1. Dès que possible après leur arrivée au centre d'instruction des recrues, les recrues doivent recevoir l'instruction sur les différentes formations d'escouade. Ces formations sont essentielles pour assurer le contrôle et l'uniformité durant toute la période d'instruction des recrues.

2. Au commandement « SUR UN (DEUX) (TROIS) RANG(S) — MARCHÉ », toutes les personnes qui reçoivent cet ordre doivent :

- a. se mettre au garde-à-vous;
- b. faire la pause réglementaire;
- c. en partant du pied gauche, se diriger vers l'instructeur; et
- d. La première personne qui arrive près de l'instructeur s'arrête à trois pas immédiatement en face de celui-ci; les autres se placent derrière elle ou s'alignent à sa gauche à une longueur de bras, comme l'illustre la figure 2-1.

3. L'instructeur devra choisir la formation à utiliser. À titre d'indication, une escouade de :

- a. cinq personnes ou moins forme un seul rang;
- b. six à neuf personnes forme deux rangs; et
- c. dix personnes ou plus forme trois rangs.

POSITION DU GARDE-À-VOUS

4. La position du garde-à-vous est celle qu'adoptent les militaires en attendant de recevoir un commandement. Les militaires doivent être alertes et se tenir dans cette position avec précision; il ne faut donc jamais les laisser au garde-à-vous plus longtemps qu'il ne le faut.

5. Le garde-à-vous est la position qu'adoptent tous les militaires lorsqu'ils s'adressent à un supérieur.

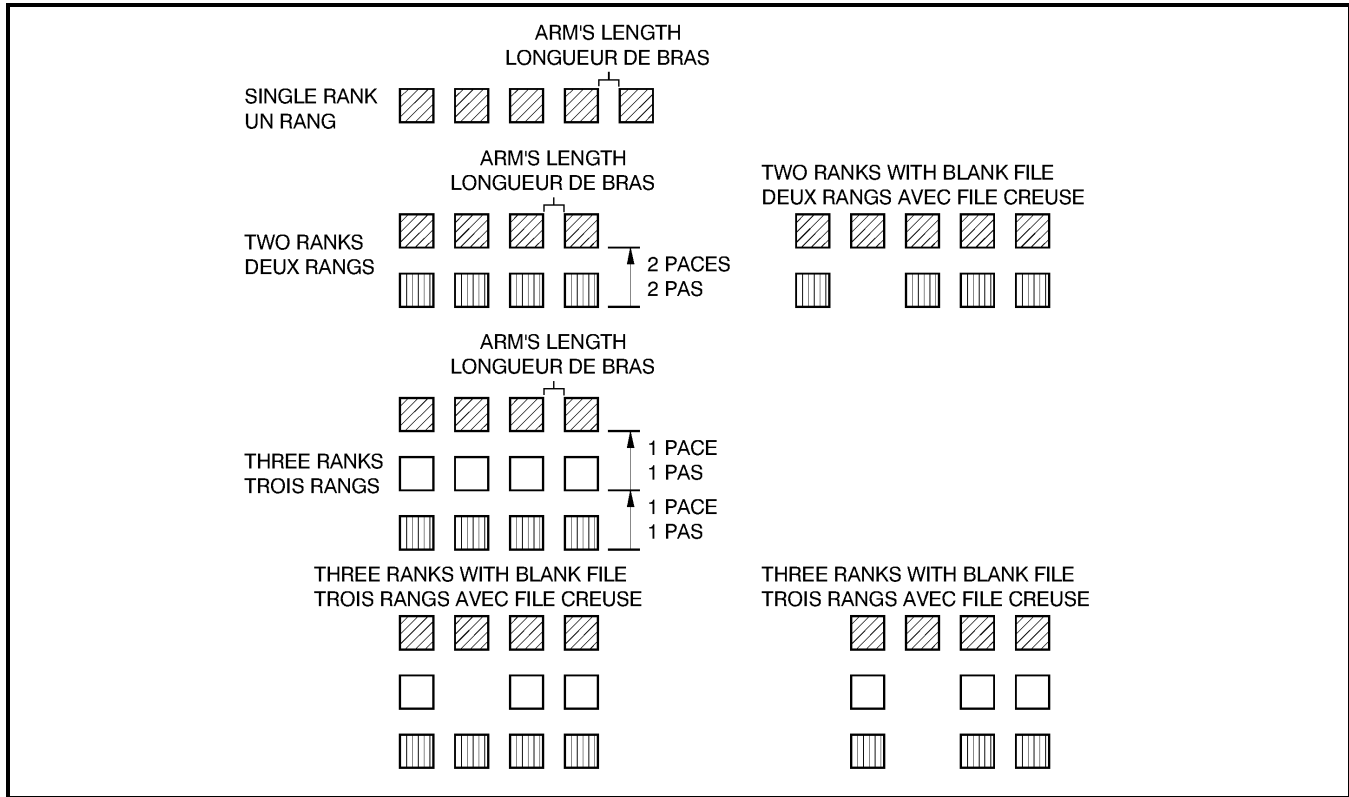


Figure 2-1 Squad Formations
 Figure 2-1 Formations d'escouades

6. The position of attention is as follows (Figure 2-2):

- a. heels together and in line;
- b. feet turned out to form an angle of 30 degrees;
- c. body balanced and weight distributed evenly on both feet;
- d. shoulders level, square to the front;
- e. arms hanging as straight as their natural bend will allow, with elbows and wrists touching the body;
- f. wrists straight, the back of the hands outwards;
- g. fingers aligned, touching the palm of the hand, thumbs placed on the side of the forefinger at the middle joint with the thumbs and back of the fingers touching the thighs lightly and the thumbs in line with the seam of the trousers; and

6. À la position du garde-à-vous (figure 2-2) :

- a. les talons sont rapprochés et en ligne;
- b. la pointe des pieds est tournée vers l'extérieur pour former un angle de 30 degrés;
- c. le corps est bien équilibré et le poids est réparti également sur les deux pieds;
- d. les épaules sont au niveau et perpendiculaires devant;
- e. les bras tombent naturellement, les coudes et les poignets sont appuyés contre le corps;
- f. les poignets sont droits, l'arrière de la main faisant face vers l'extérieur;
- g. les doigts les uns à côté des autres sont refermés contre la paume de la main, les pouces sont collés sur l'index à la deuxième jointure, les pouces et l'arrière des doigts touchant légèrement la cuisse, et les pouces sont en ligne avec la couture du pantalon; et

h. head held erect, neck touching the back of the collar, eyes steady, looking their height and straight to the front.

h. la tête est droite, le cou appuyé sur l'arrière du col, les yeux sont immobiles et le regard est dirigé droit vers l'avant.

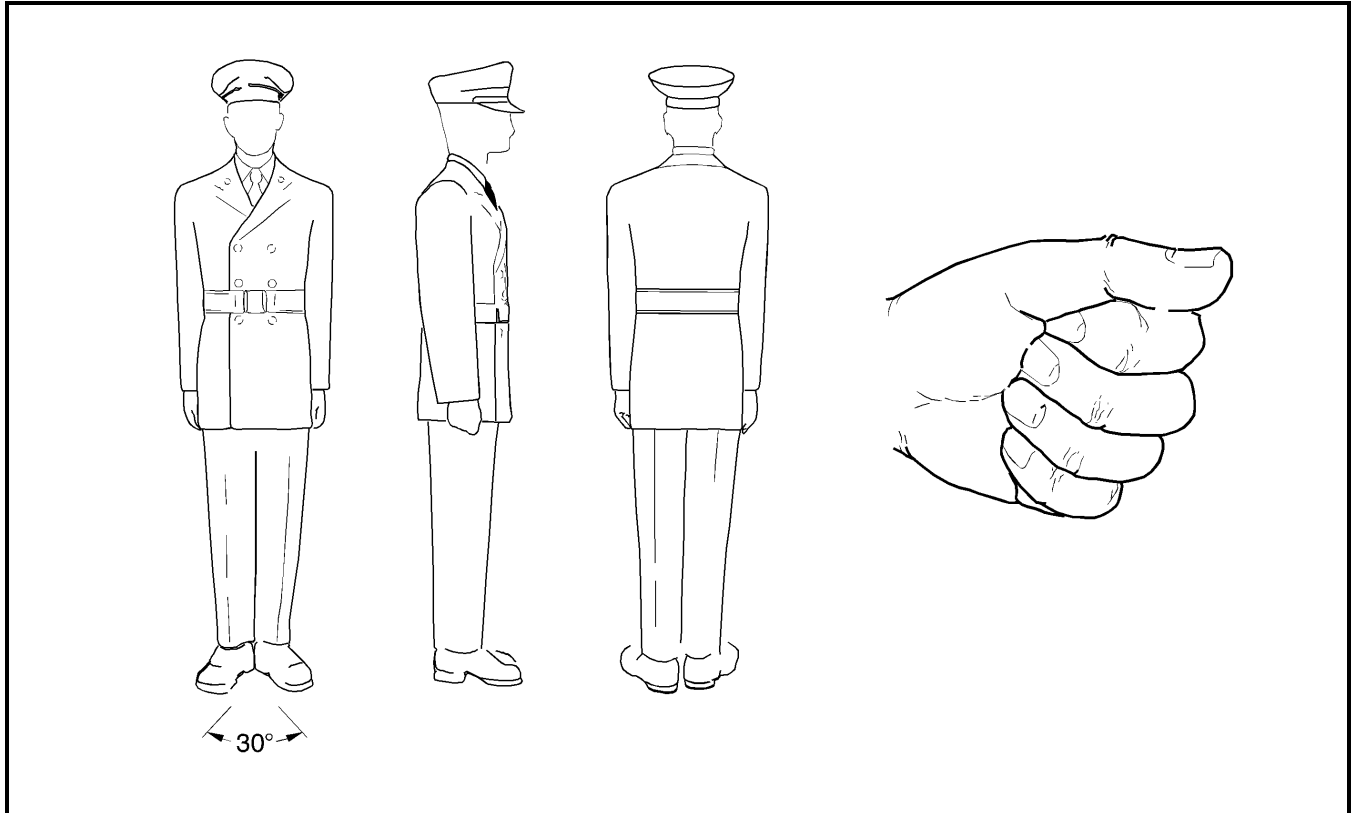


Figure 2-2 Position of Attention
Figure 2-2 Position du garde-à-vous

7. No part of the body should be strained.

7. Aucune partie du corps ne doit être tendue.

POSITION OF STAND AT EASE

POSITION EN PLACE REPOS

8. The position of standing at ease is an intermediate position between attention and standing easy. It allows no relaxation but can be maintained without strain for a longer time than the position of attention.

8. La position en place repos est une position intermédiaire entre le garde-à-vous et la position repos. Elle ne permet pas de détente, mais peut être maintenue sans effort plus longtemps que la position du garde-à-vous.

STAND AT EASE FROM ATTENTION

DU GARDE-À-VOUS À LA POSITION EN PLACE REPOS

9. On the command STAND AT EASE BY NUMBERS, SQUAD – ONE, squad members bend the left knee (Figure 2-3).

9. Au commandement « EN DÉCOMPOSANT, EN PLACE REPOS, ESCOUADE — UN », les membres de l'escouade fléchissent le genou gauche (figure 2-3).

10. On the command SQUAD – TWO, squad members shall:

- a. carry the left foot to the left, straightening it in double time, and place it smartly flat on the ground with the inside of the heels 25 cm apart;

10. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. écarter le pied gauche vers la gauche, redresser la jambe à une cadence accélérée et placer rapidement le pied à plat sur le sol, l'intérieur du talon gauche à 25 cm de celui du talon droit;

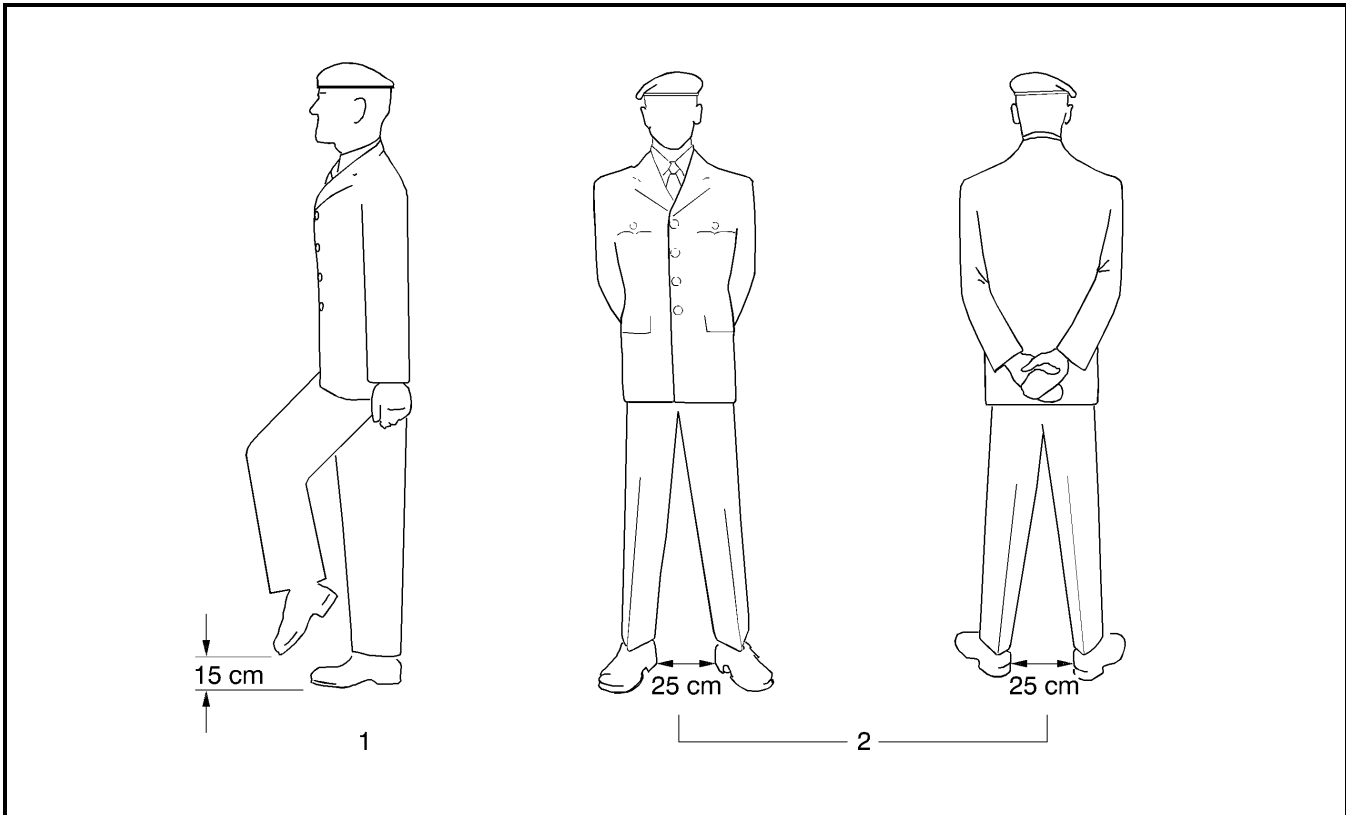


Figure 2-3 Position of Stand at Ease from Attention

Figure 2-3 Façon de passer de la position du garde-à-vous à la position en place repos

- b. simultaneously, with a quick motion, bring the arms behind the back, stretched to their full extent, and place the back of the right hand in the palm of the left, with thumbs crossed right over left, the fingers together and extended; and
- c. balance the body with the weight evenly distributed on both feet.

- b. en même temps, placer rapidement les bras derrière le dos, en les tendant le plus loin possible, le dos de la main droite dans la paume de la main gauche, les pouces croisés, le droit par-dessus le gauche, et les doigts étendus vers le sol; et

- c. répartir également le poids du corps sur les deux pieds.

11. On the command STAND AT – EASE, the two movements are combined.

11. Au commandement « EN PLACE RE — POS », les deux parties du mouvement sont combinées en une seule.

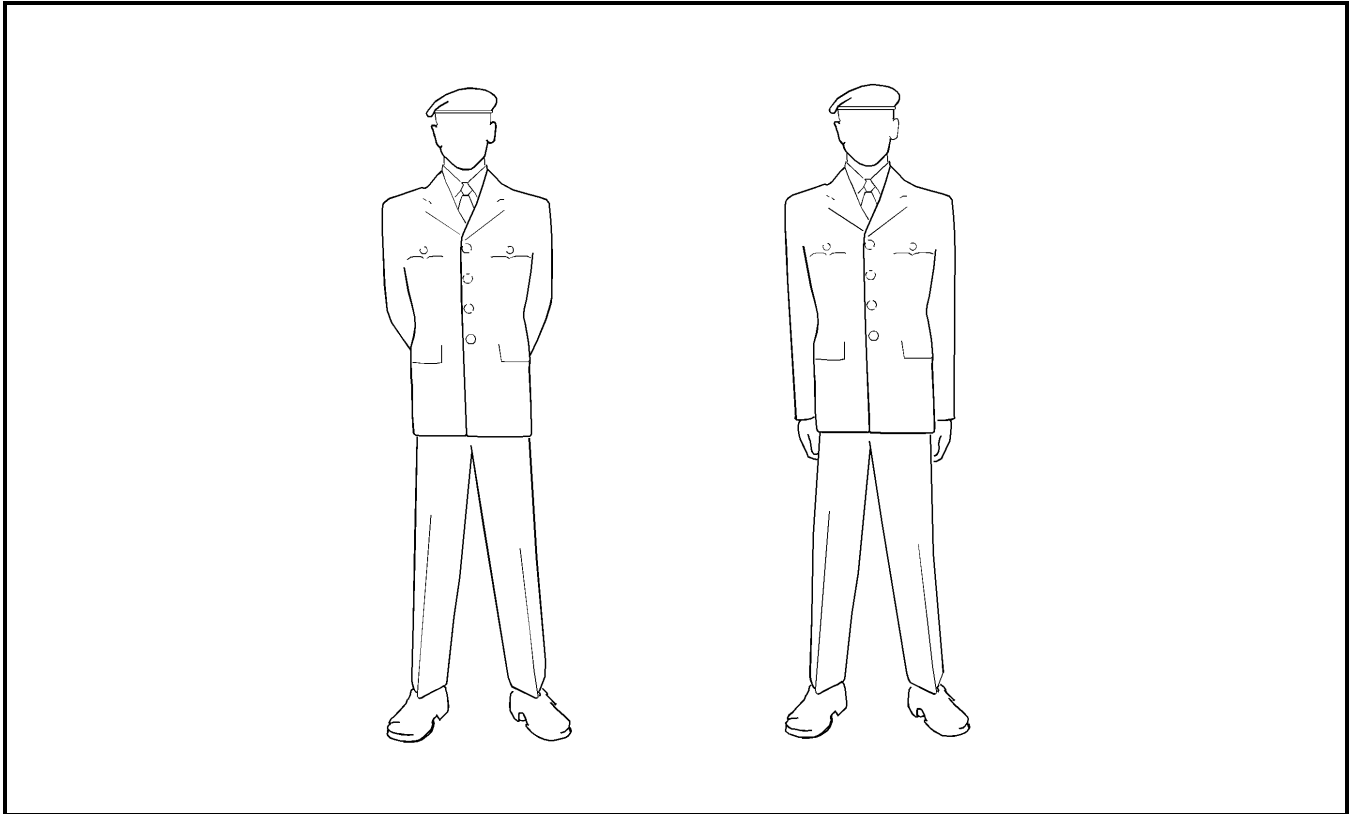


Figure 2-4 Position of Stand Easy

Figure 2-4 Position repos

STAND EASY

12. The position of stand easy is ordered when it is desirable to permit troops to relax. This command is only given when the squad is in the position of stand at ease.

13. On the command STAND – EASY, squad members shall (Figure 2-4):

- a. close the hands and bring the arms to the position of attention;
- b. observe a standard pause; and
- c. relax.

14. When standing easy, squad members may, with permission, move all but their feet and adjust clothing and equipment, but they shall not smoke or talk.

REPOS

12. On met les militaires dans la position de repos pour leur permettre de se détendre. Ce commandement ne se donne que lorsque l'escouade est à la position en place repos.

13. Au commandement « RE — POS », les membres de l'escouade doivent (figure 2-4) :

- a. fermer les mains et ramener les bras le long du corps, comme pour la position du garde-à-vous;
- b. faire une pause réglementaire; et
- c. se détendre.

14. À la position du repos, les membres de l'escouade peuvent, s'ils en ont la permission, ajuster leur tenue et leur équipement sans toutefois déplacer les pieds et ils ne doivent ni fumer, ni parler.

STAND AT EASE FROM STAND EASY

15. On the cautionary command SQUAD, squad members shall assume the position of stand at ease.

ATTENTION FROM STAND AT EASE

16. On the command ATTENTION BY NUMBERS, SQUAD – ONE, squad members shall bend the left knee and shift their balance to the right foot.

17. On the command SQUAD – TWO, squad members shall:

- a. straighten the left leg in double time, place the foot smartly on the ground, toe touching first, followed by the heel, and with heels aligned; and
- b. simultaneously, with a quick motion, bring the arms and hands to the position of attention.

18. On the command ATTEN – TION, the two segments of the movements are combined as one.

CARRYING OF ARTICLES

19. If any one article is carried, such as a briefcase, umbrella or raincoat, it shall be carried in the left hand. If an article is carried when marching, the left arm is not swung.

20. Articles shall be carried in the manner illustrated in Figure 2-5.

21. In all positions at the halt, the free arm shall be maintained at the side as for the position of attention.

REMOVE HEADDRESS

22. The order to remove headdress is customarily given on such occasions as outdoor church parades, during the consecration of Colours and whenever it is desirable to honour a dignitary by giving three cheers.

DE LA POSITION REPOS À LA POSITION EN PLACE REPOS

15. Au commandement « ESCOUADE », les membres de l'escouade adoptent la position en place repos.

DE LA POSITION EN PLACE REPOS AU GARDE-À-VOUS

16. Au commandement « EN DÉCOMPOSANT, GARDE-À-VOUS, ESCOUADE — UN », les membres de l'escouade doivent fléchir le genou gauche et ramener le poids de leur corps sur le pied droit.

17. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. étendre vivement la jambe gauche, placer le pied au sol de façon énergique, le bout du pied en premier, puis le talon, en gardant les talons en ligne; et
- b. en même temps, d'un mouvement rapide, ramener les bras et les mains à la position du garde-à-vous.

18. Au commandement « GARDE-À — VOUS », les deux parties du mouvement sont combinées en une seule partie.

FAÇON DE PORTER LES OBJETS

19. Les objets, comme un porte-documents, un parapluie ou un imperméable, se portent de la main gauche. Il ne faut pas alors balancer le bras gauche en marchant.

20. Les objets doivent être portés de la façon indiquée à la figure 2-5.

21. Quelle que soit la position, à la halte, le bras libre doit être ramené le long du corps comme lorsque le militaire est à la position du garde-à-vous.

FAÇON DE SE DÉCOUVRIR

22. L'ordre de se découvrir est donné lorsque la coutume l'exige, comme pendant les services religieux à l'extérieur, au cours de la consécration des drapeaux et lorsqu'on désire honorer un dignitaire avec un salut de trois bans.

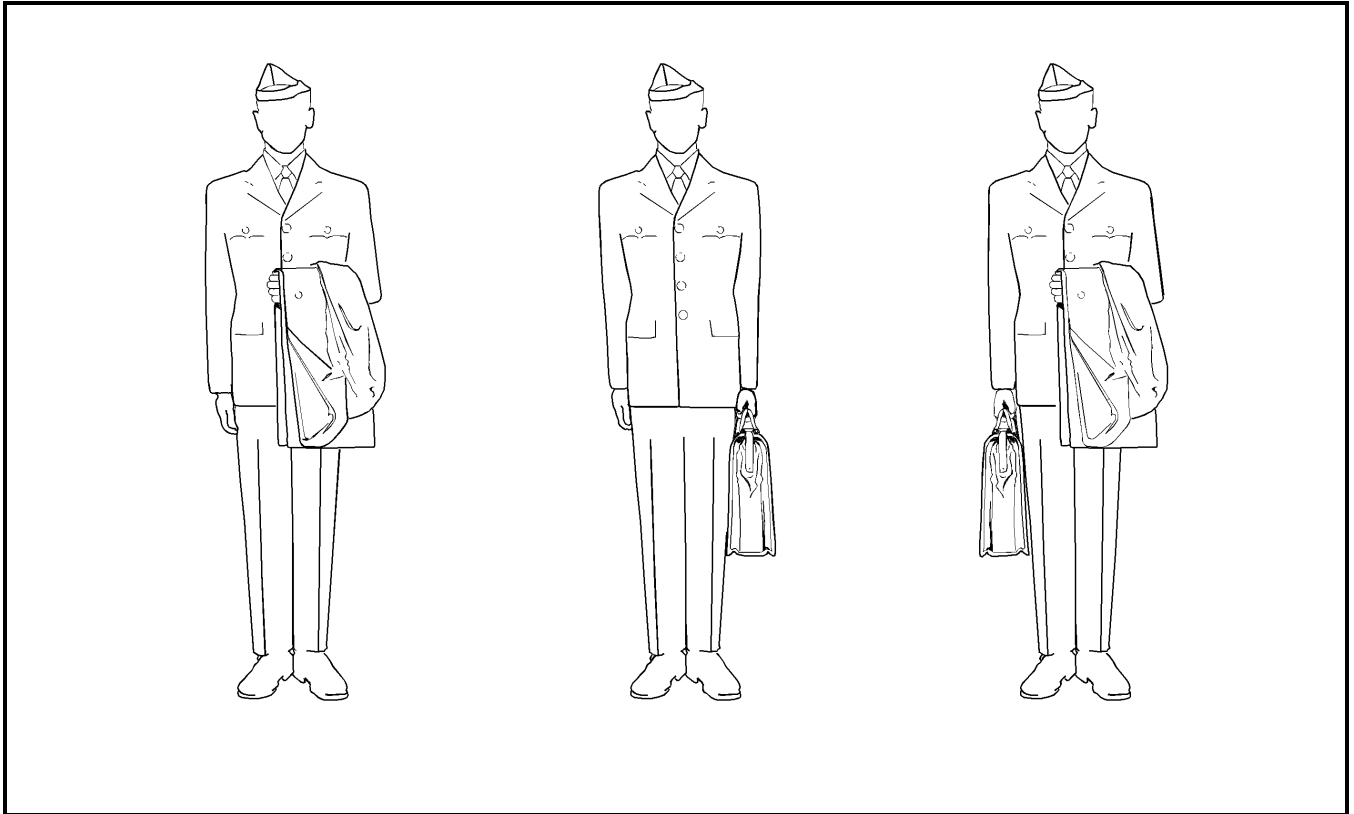


Figure 2-5 Carrying of Articles
Figure 2-5 Façon de porter les objets

23. When ordered, all ranks on parade shall remove their headdress with the exception of:

- a. adherents of the Sikh religion; and
- b. musicians when on parade with instruments.

24. On the command REMOVE HEADDRESS BY NUMBERS SQUAD – ONE, squad members shall bring the right hand to the front of the headdress by the shortest route and grasp it in the front between the thumb and fingers, with the fingers aligned and parallel to the shoulders as much as practicable (Figure 2-6).

25. On the command SQUAD – TWO, squad members shall maintain the bend in the right arm, cut the upper arm to the right side of the body and the forearm parallel to the ground, and bring the right hand to the centre of the body. Maintaining the grasp on the peak of the headdress, squad members shall hold the headdress above the hand and in the centre of the chest.

23. Lorsqu'ils en reçoivent l'ordre, tous les militaires en rassemblement doivent se découvrir, sauf :

- a. les membres de la religion sikh; et
- b. les musiciens qui prennent part à un rassemblement avec leurs instruments de musique.

24. Au commandement « EN DÉCOMPOSANT, DÉCOUVREZ-VOUS, ESCOUADE — UN », les membres de l'escouade doivent amener la main droite devant la coiffure par le plus court chemin et saisir l'avant, entre le pouce et les doigts; ceux-ci doivent, dans la mesure du possible, être parallèles aux épaules (figure 2-6).

25. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent garder le bras droit plié, ramener le bras le long du corps en gardant l'avant-bras parallèle au sol et ramener la main droite au centre du corps. Tout en maintenant la prise sur le devant de la coiffure, les membres de l'escouade doivent tenir la coiffure au-dessous de la main et au centre du corps.

26. On the command REMOVE – HEADDRESS, the two movements are combined. The standard pause shall be observed between the movements.

27. When a unit is carrying arms, all action is carried out with the left hand when the command REMOVE – HEADDRESS is ordered.

28. Religious tenets, including those which are sexually based, shall be respected in a place of worship (see also A-AD-265-000/AG-001, CF Dress Instructions).

STAND AT EASE WITH HEADDRESS REMOVED

29. On the command STAND AT – EASE, squad members shall assume the position for standing at ease when carrying articles, except that the right arm and hand will maintain the headdress in the position as detailed in paragraph 24.

STAND EASY WITH HEADDRESS REMOVED

30. On the command STAND – EASY, squad members shall extend the right arm down the side with headdress held below the hand and, after a standard pause, relax (see Figure 2-7).

REPLACE HEADDRESS

31. On the command REPLACE HEADDRESS BY NUMBERS, SQUAD – ONE, squad members shall replace the headdress with the right hand. When wearing other than a service or wedge cap, two hands shall be used.

32. On the command SQUAD – TWO, resume the position of attention by cutting the right arm or arms to the side.

33. On the command REPLACE – HEADDRESS, the two movements are combined. The standard pause shall be observed between movements.

26. Au commandement « DÉCOUVREZ — VOUS », les deux mouvements sont combinés en un seul. Il faut observer la pause réglementaire entre les deux mouvements.

27. Lorsque les militaires d'une unité portent des armes, ils doivent exécuter tous les mouvements nécessaires de la main gauche lorsqu'ils reçoivent le commandement « DÉCOUVREZ — VOUS ».

28. Les principes religieux, dont ceux qui sont basés sur le sexe, doivent être respectés dans les lieux de culte (voir aussi l'A-AD-265-000/AG-001, Instructions sur la tenue des FC).

EN PLACE REPOS, LA COIFFURE À LA MAIN

29. Au commandement « EN PLACE RE — POS », les membres de l'escouade doivent adopter la position commandée lorsqu'ils transportent des articles, sauf que la main et le bras droits porteront le couvre-chef de la façon indiquée au paragraphe 24.

REPOS, LA COIFFURE À LA MAIN

30. Au commandement « RE — POS », les membres de l'escouade doivent amener le bras droit le long du corps, la coiffure tendue au bout de la main et en ligne avec celle-ci. Ils doivent se détendre, après avoir observé la pause réglementaire (voir figure 2-7).

FAÇON DE SE COUVRIR

31. Au commandement « EN DÉCOMPOSANT, COUVREZ-VOUS, ESCOUADE — UN », les membres de l'escouade devront se couvrir de la main droite. Lorsque les militaires portent une coiffure autre que la casquette réglementaire ou le calot, ils devront utiliser les deux mains pour se couvrir.

32. Au commandement « ESCOUADE — DEUX », les membres de l'escouade adoptent la position du garde-à-vous en ramenant le bras droit ou les bras le long du corps.

33. Au commandement « COUVREZ — VOUS », les deux mouvements sont combinés en un seul. Il faut observer la pause réglementaire entre les mouvements.

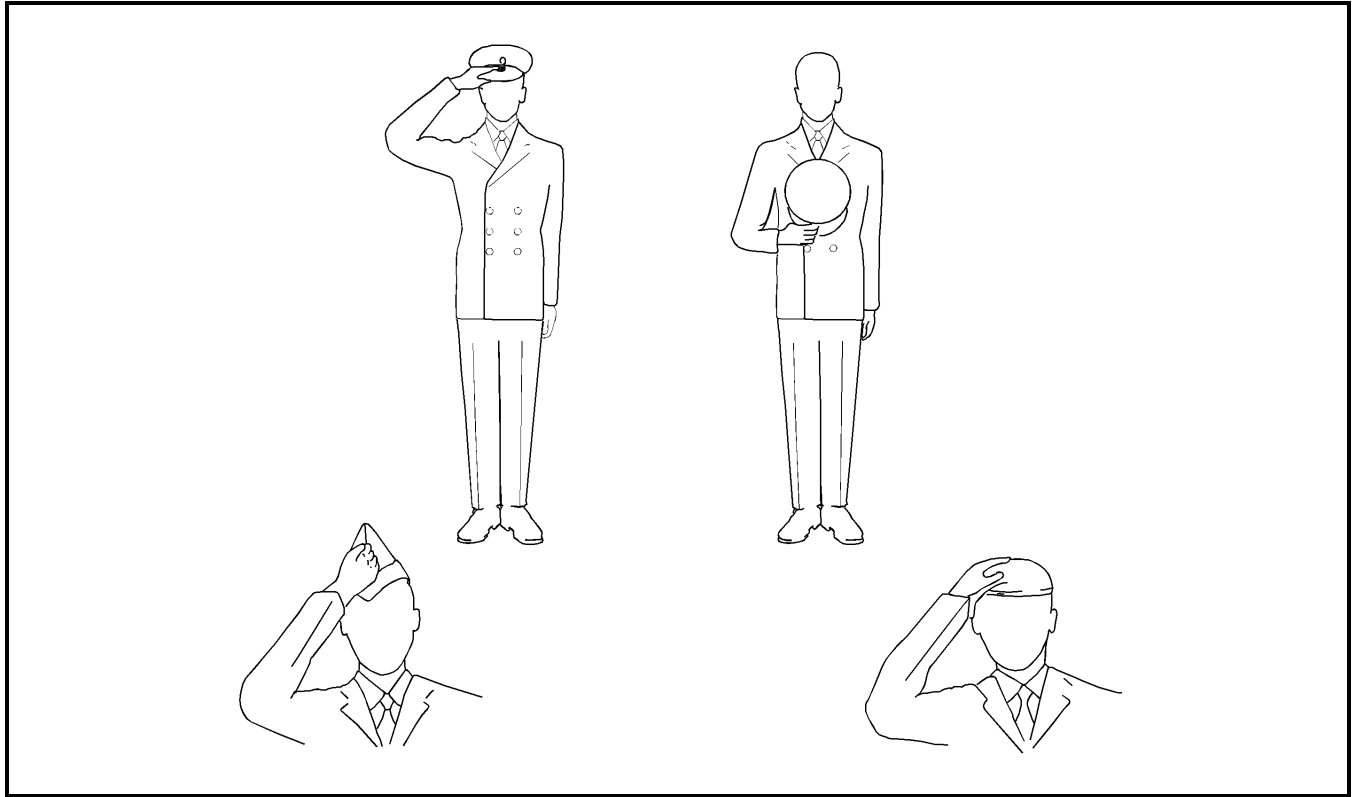


Figure 2-6 Remove Headdress
Figure 2-6 Façon de se découvrir

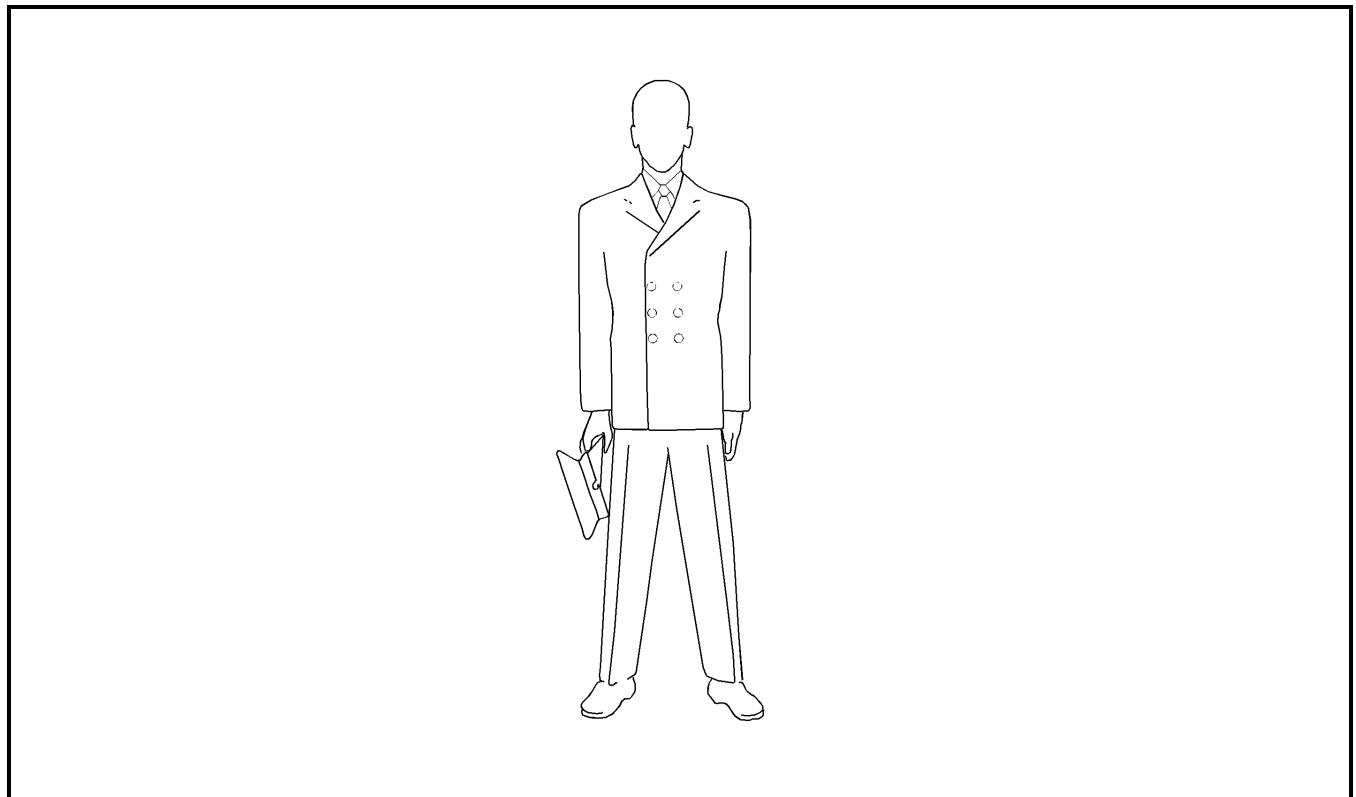


Figure 2-7 Stand Easy with Headdress Removed
Figure 2-7 Position repos, la coiffure à la main

34. Once the headdress has been adjusted, the arms are held by the side and the command **ATTEN – TION**, shall be given and actioned in three movements as for unfixed bayonets (Chapter 4). If personnel carrying arms wearing headdress that requires the use of both hands to place it on the head, on the command **REPLACE – HEADDRESS**, the weapon shall first be placed between and gripped with the knees as for unfixed bayonets (Chapter 4), thus freeing both hands, after a standard pause, to complete the activity.

35. Officers carrying swords shall be ordered to return swords prior to removing headdress and shall draw swords upon the executive command **ATTEN – TION** following the command **REPLACE – HEADDRESS**, observing a standard pause between movements.

SALUTING, AT THE HALT, WITHOUT ARMS

36. The salute is given with the right hand. When physical incapacity or carrying of articles makes a salute with the right hand impracticable, compliments will be paid by turning the head and eyes to the left or right or standing to attention, as appropriate (see also Chapter 1, Section 2).

37. On the command **TO THE FRONT SALUTE BY NUMBERS, SQUAD – ONE**, squad members shall:

- a. bend the right elbow and open the palm of the right hand as it passes the shoulder; and
- b. force the right hand by its shortest route to the front of the headdress (Figure 2-8) so that:
 - (1) the palm of the hand is facing down,
 - (2) the thumb and fingers are fully extended and close together,
 - (3) the tip of the second finger is in line with the outside of the right eyebrow and touching the outside edge of the headdress or arm of glasses, if worn,
 - (4) the hand, wrist and forearm are in a straight line and at a 45 degree angle to the upper arm,

34. Lorsque les militaires en armes portent une coiffure qui exige qu'on se serve des deux mains pour se couvrir, ils doivent, au commandement « **COUVREZ — VOUS** », placer leur arme entre leurs genoux et l'y retenir, comme dans le cas des baïonnettes au fourreau (chapitre 4), ce qui libère les deux mains et permet, après la pause réglementaire, de poursuivre l'activité en cours. Une fois couverts correctement, les militaires placent leurs bras à leurs côtés, attendent de recevoir le commandement « **GARDE-À — VOUS** », puis exécutent les trois mouvements nécessaires comme dans le cas des baïonnettes au fourreau (chapitre 4).

35. Les officiers qui portent le sabre doivent recevoir l'ordre de rengainer le sabre avant de se découvrir et doivent dégainer au commandement « **GARDE-À — VOUS** », qui suit le commandement « **COUVREZ — VOUS** », et observer une pause réglementaire entre les mouvements.

SALUT À LA HALTE, SANS ARMES

36. Le salut se fait toujours de la main droite. Lorsqu'il est impossible de saluer de la main droite à cause d'une incapacité physique ou parce qu'on porte un objet, le salut se fait en tournant la tête et les yeux vers la droite ou la gauche ou en se tenant au garde-à-vous, selon le cas (voir aussi la section 2 du chapitre 1).

37. Au commandement « **EN DÉCOMPOSANT, SALUT VERS L'AVANT, ESCOUADE — UN** », les membres de l'escouade doivent :

- a. fléchir le coude droit et ouvrir la paume de la main droite au moment où elle passe au niveau de l'épaule; et
- b. amener la main droite par le plus court chemin jusqu'au devant de la coiffure (figure 2-8), de telle sorte que :
 - (1) la paume de la main est dirigée vers le sol,
 - (2) le pouce et les doigts sont bien étendus et joints,
 - (3) le bout de l'index est en ligne avec l'extérieur du sourcil droit et touche la bordure de la coiffure ou la branche des lunettes, le cas échéant,
 - (4) la main, le poignet et l'avant-bras forment une ligne droite, à un angle de 45 degrés par rapport au bras,

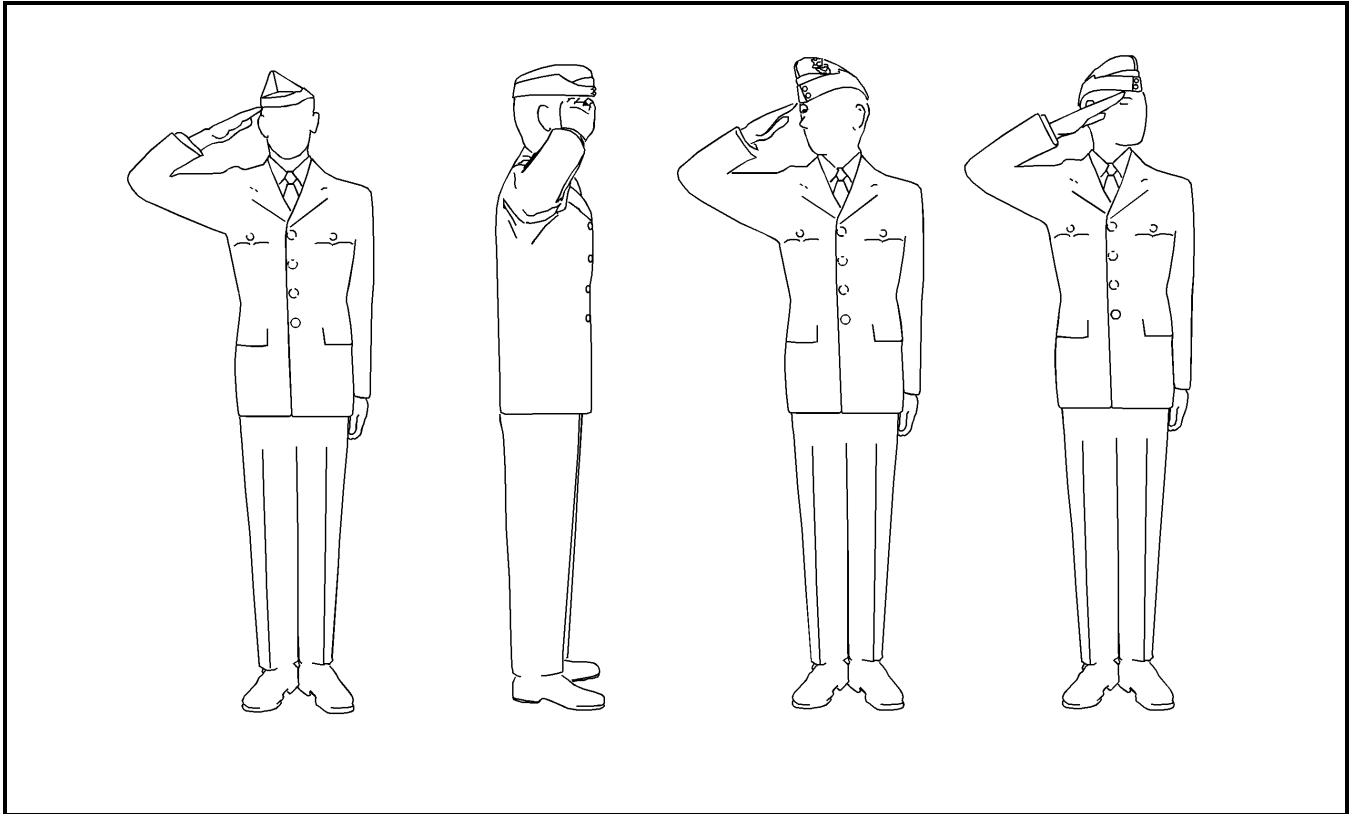


Figure 2-8 Saluting, at the Halt, without Arms
Figure 2-8 Salut à la halte sans armes

- (5) the elbow is in line with the shoulders, and
- (6) the upper arm is parallel to the ground.

38. On the command SQUAD – TWO, the hand is brought sharply to the position of attention by the shortest route, without slapping the thigh. The hand is closed after the forearm is lowered below shoulder level.

39. On the command TO THE FRONT – SALUTE, the two movements are combined. The standard pause shall be observed between movements.

40. On the command TO THE RIGHT (LEFT) SALUTE BY NUMBERS, SQUAD – ONE, saluting shall be executed as detailed in paragraph 37, except that:

- a. the head and eyes shall be turned smartly to the right (left) as far as possible without straining;

- (5) le coude est en ligne avec les épaules, et
- (6) le bras est parallèle au sol.

38. Au commandement « ESCOUADE — DEUX », la main est ramenée vivement à la position du garde-à-vous par le plus court chemin, sans frapper la cuisse. La main est refermée alors que l'avant-bras est abaissé au-dessous du niveau de l'épaule.

39. Au commandement « SALUT VERS L'AVANT, SALU — EZ », les deux parties du mouvement sont combinées. Il faut observer la pause réglementaire entre les mouvements.

40. Au commandement « EN DÉCOMPOSANT, SALUT VERS LA DROITE (GAUCHE), ESCOUADE — UN », le salut se fait de la façon décrite au paragraphe 37, sauf que :

- a. on tourne vivement la tête et les yeux vers la droite (gauche) autant que possible sans effort excessif;

- b. when saluting to the left, the right hand, wrist and arm are brought further over to the left to the correct position in line with the outside edge of the right eyebrow; and
- c. when saluting to the right, the arm is moved to the rear, with the tip of the second finger remaining in line with the outside edge of the right eyebrow.

41. On the command SQUAD – TWO, the hand is brought sharply to the position of attention, and simultaneously the head and eyes are turned smartly to the front.

42. On the command TO THE RIGHT (LEFT) – SALUTE, the two movements are combined. The standard pause shall be observed between movements.

43. When wearing headdress other than a cap with a peak, the second finger is 2 cm above and in line with the outer tip of the right eyebrow.

TURNING AND INCLINING AT THE HALT

44. Turns and inclines are made to change direction: right or left turns change direction by 90 degrees, about turns by 180 degrees, and right and left inclines by 45 degrees.

45. On the command RIGHT TURN BY NUMBERS, SQUAD – ONE, squad members shall turn 90 degrees to the right by pivoting on the right heel and left toe and raising the left heel and right toe simultaneously. Both knees will be kept braced during the turn, arms at the sides and body erect. On the completion of the movement, the weight of the body is placed on the right foot and the left leg is braced with the heel off the ground as illustrated in Figure 2-9.

46. On the command SQUAD – TWO, squad members shall bend the left knee, straighten it in double time and smartly place the left foot beside the right to assume the position of attention.

- b. lorsque le salut se fait vers la gauche, la main droite, le poignet et le bras sont amenés vers la gauche de façon à atteindre la bonne position en ligne avec l'extrémité du sourcil droit; et

- c. lorsque le salut se fait vers la droite, le bras est ramené vers l'arrière. Le bout de l'index demeure en ligne avec l'extrémité du sourcil droit.

41. Au commandement « ESCOUADE — DEUX », la main est ramenée vivement à la position du garde-à-vous et, au même moment, la tête est tournée vivement vers l'avant.

42. Au commandement « SALUT VERS LA DROITE (GAUCHE), SALU – EZ », les deux mouvements sont combinés. Il faut observer la pause réglementaire entre les mouvements.

43. Lorsque les militaires portent une coiffure autre qu'une casquette, l'index doit être placé à 2 cm au-dessus et en ligne avec l'extrémité du sourcil droit.

FAÇON DE TOURNER ET D'OBLIQUER À LA HALTE

44. On tourne ou on oblique pour changer de direction : le changement de direction vers la droite ou vers la gauche implique un mouvement de 90 degrés, le demi-tour, un mouvement de 180 degrés et le mouvement oblique vers la droite ou vers la gauche, un mouvement de 45 degrés.

45. Au commandement « EN DÉCOMPOSANT, À DROITE TOURNEZ, ESCOUADE — UN », les membres de l'escouade tournent vers la droite à un angle de 90 degrés en pivotant sur le talon droit et la pointe du pied gauche, tout en soulevant le talon gauche et la pointe du pied droit. Il faut garder les genoux droits, les bras le long du corps et le corps droit. Une fois le mouvement terminé, le poids du corps repose sur le pied droit et la jambe gauche est tendue, le talon légèrement soulevé, comme l'illustre la figure 2-9.

46. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent fléchir le genou gauche, puis le redresser et placer le pied gauche à côté du pied droit en double temps de façon à revenir à la position du garde-à-vous.

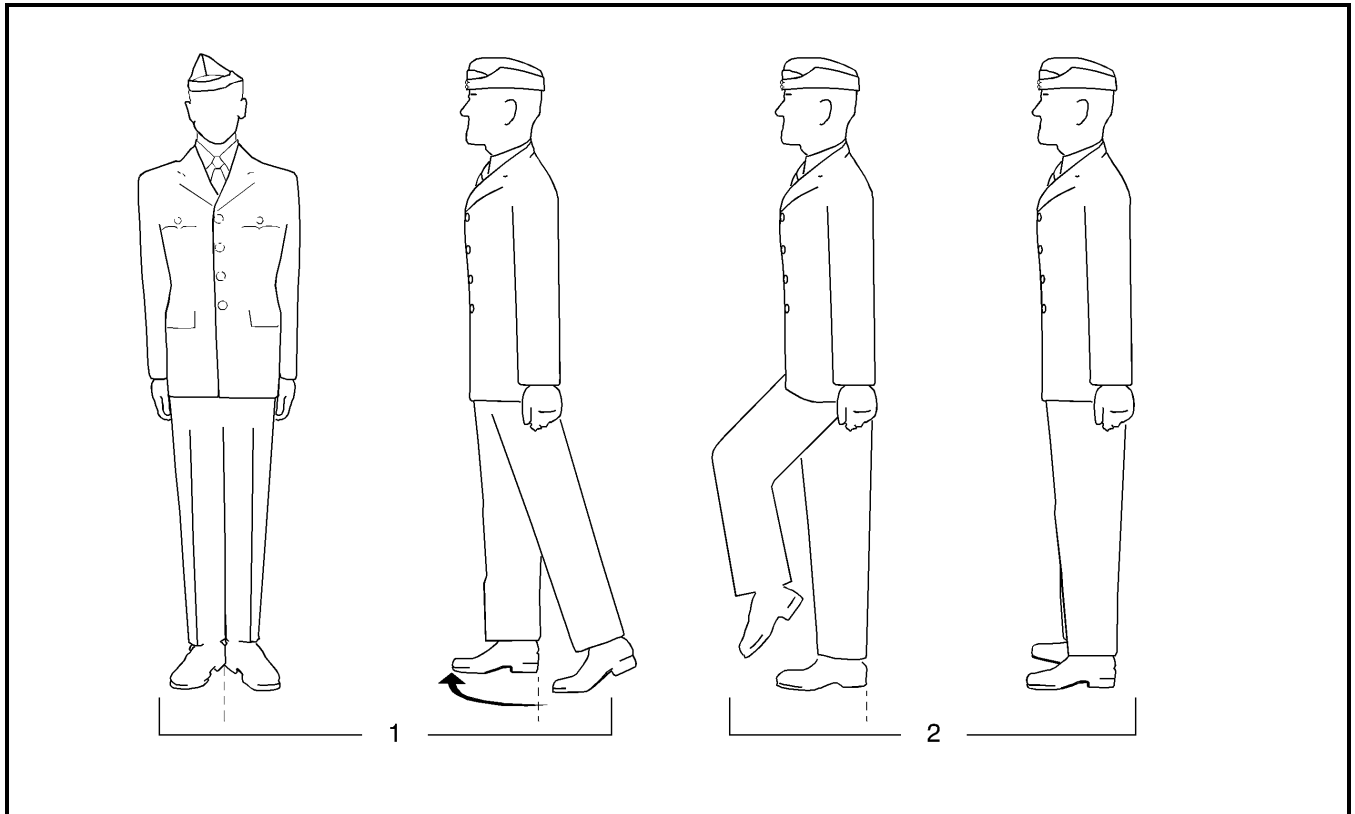


Figure 2-9 Right Turn
Figure 2-9 Façon de tourner à droite

47. On the command RIGHT – TURN, the two movements are combined. The standard pause shall be observed between the movements.

48. On the command RIGHT IN – CLINE, the drill as described for a right turn is followed, but the turn is only made through 45 degrees.

49. On the command LEFT – TURN, the drill as described for the right turn is followed, except that the details of moving the feet and direction are reversed.

50. On the command LEFT IN – CLINE, the drill as described for a left turn is followed, but the turn is only made through 45 degrees.

51. On the command ABOUT – TURN, the drill as described for the right turn is followed, except that the pivot to the right is made through 180 degrees. Balance is maintained by bracing the legs and locking the thighs (Figure 2-10).

47. Au commandement « À DROITE TOUR — NEZ », les deux mouvements sont combinés. Il faut observer la pause réglementaire entre les mouvements.

48. Au commandement « À DROITE, OBLI — QUEZ », il faut exécuter les mêmes mouvements que lorsqu'il s'agit de tourner à droite, sauf que la direction ne change que de 45 degrés.

49. Au commandement « À GAUCHE TOUR — NEZ », il faut exécuter les mêmes mouvements que lorsqu'il s'agit de tourner à droite, sauf que le mouvement des pieds et la direction sont inversés.

50. Au commandement « À GAUCHE OBLI — QUEZ », il faut exécuter les mêmes mouvements que lorsqu'il s'agit de tourner à gauche, sauf que la direction ne change que de 45 degrés.

51. Au commandement « DEMI-TOUR, TOUR — NEZ », il faut exécuter le même mouvement que lorsqu'il s'agit de tourner à droite, sauf que le mouvement de rotation vers la droite se continue jusqu'à 180 degrés. On maintient l'équilibre en raidissant les jambes et en serrant les cuisses (figure 2-10).

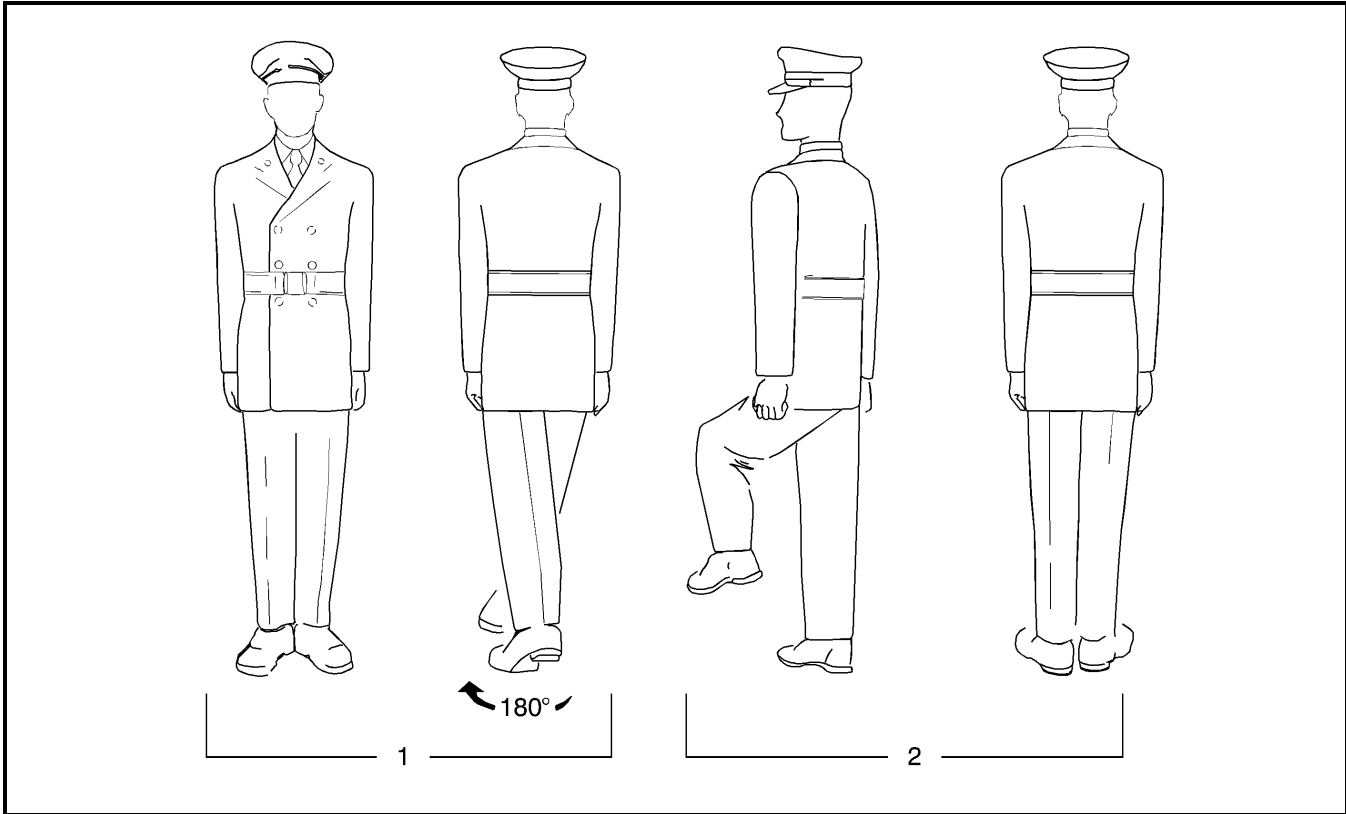


Figure 2-10 About Turn

Figure 2-10 Demi-tour

CLOSING TO THE RIGHT (LEFT)

52. Close march paces to the right (left) shall not be ordered when the distance required to move exceeds eight paces. When the distance is greater, the squad shall be turned and marched the required distance.

53. On the command ONE PACE RIGHT CLOSE MARCH BY NUMBERS, SQUAD – ONE, squad members shall:

- a. bend the right knee, carry the foot to the right and place it smartly on the ground with the inside of the heels one side pace 25 cm apart;
- b. balance the weight of the body evenly on both feet; and
- c. keep the arms still at the sides.

FAÇON DE RESSERRER LES RANGS VERS LA DROITE (GAUCHE)

52. L'ordre de resserrer les rangs vers la droite (ou la gauche) ne doit pas être donné lorsque la distance à couvrir est de plus de huit pas. Si la distance à couvrir est plus grande, il faut donner à l'escouade l'ordre de tourner vers le flanc approprié et d'effectuer le nombre de pas nécessaires.

53. Au commandement « EN DÉCOMPOSANT, UN PAS VERS LA DROITE, MARCHÉ, ESCOUADE — UN » les membres de l'escouade doivent :

- a. fléchir le genou droit, déplacer le pied vers la droite et le poser vivement au sol, en laissant un pas de côté entre les talons (25 cm);
- b. répartir le poids du corps également sur les deux pieds; et
- c. garder les bras immobiles le long du corps.

54. On the command SQUAD – TWO, squad members shall shift the weight of the body to the right foot, bend the left knee and place the left foot smartly by the right to assume the position of attention.

55. On the command ONE PACE LEFT CLOSE MARCH BY NUMBERS, SQUAD – ONE, the drill as outlined above in paragraphs 53 and 54 is followed except that the details of moving the feet and the direction are reversed.

56. On the command ONE PACE RIGHT (LEFT) CLOSE – MARCH, the two movements are combined, observing the timing noted in paragraph 57.

57. The timings for the above movements are counted as follows:

- a. for one pace, “one-one”;
- b. for two paces, “one-one, pause, one-two”;
- c. for three paces, “one-one, pause, one-two, pause, one-three”; and
- d. etc.

CALLING THE ROLL

58. On the command ATTENTION – ANSWER TO YOUR NAME, STAND AT – EASE, each squad member shall come to attention as his name is called and answer in one of the following ways:

- a. “Sir” or “Ma’am” if the person calling the roll is an officer or a chief warrant officer;
- b. “Warrant” when the roll is called by a warrant officer;
- c. “Sergeant”, “Master Corporal” or “Corporal” or equivalent when the roll is called by a member holding these ranks; or
- d. “Present” if the person calling the roll is below the rank of Corporal.

54. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent porter le poids du corps sur le pied droit, fléchir le genou gauche et ramener vivement le pied gauche pour revenir à la position du garde-à-vous.

55. Au commandement « EN DÉCOMPOSANT, UN PAS VERS LA GAUCHE, MARCHÉ, ESCOUADE — UN », il faut exécuter les mouvements décrits aux paragraphes 53 et 54 ci-dessus, sauf que les mouvements des pieds et la direction sont inversés.

56. Au commandement « UN PAS VERS LA DROITE (GAUCHE) — MARCHÉ », les deux mouvements sont combinés et on observe la cadence indiquée au paragraphe 57.

57. La cadence des mouvements indiqués ci-dessus est la suivante :

- a. déplacement d'un pas, « un-un »;
- b. déplacement de deux pas, « un-un, pause, un-deux »;
- c. déplacement de trois pas, « un-un, pause, un-deux, pause, un-trois »; et
- d. etc.

FAÇON DE FAIRE L'APPEL

58. Au commandement « GARDE-À-VOUS, RÉPONDEZ À L'APPEL, EN PLACE RE — POS », chacun des membres de l'escouade adopte la position du garde-à-vous à l'appel de son nom et répond :

- a. « Monsieur » ou « Madame », si c'est un officier ou un adjudant-chef qui fait l'appel;
- b. « Adjudant », si c'est un adjudant qui fait l'appel;
- c. « Sergent », « Caporal-chef », « Caporal » ou l'équivalent, si c'est un militaire détenant ces grades qui fait l'appel; ou
- d. « Présent », si la personne qui fait l'appel est d'un grade inférieur à celui de caporal.

59. When the roll-call is supervised by a person senior in rank to the person calling the roll, each squad member shall answer to his name with the correct response for the rank of the supervisor.

60. When a senior is in the ranks and the roll is called by a junior with no senior rank supervising the roll-call, both shall use the other's rank title in calling and answering the name.

61. Each squad member shall stand at ease after answering his name.

NUMBERING

62. Numbering is used to:

- a. designate individuals in the squad; and
- b. determine the number of persons on parade.

63. On the command SQUAD – NUMBER, the front rank only shall count off from right to left, the right-hand member calling out ONE and the next, TWO, and so on. The head and eyes remain still. There is no pause between numbers.

64. Each individual in the centre and rear rank takes the number of the front rank individual being covered.

65. When an error in numbering occurs, the command AS YOU WERE, may be ordered followed by the last correct number called out. The squad member so designated repeats his number and the numbering drill continues. If the command AS YOU WERE, SQUAD – NUMBER is ordered, the squad will renumber from the beginning.

PROVING

66. Proving is used to identify the flank man when the squad is being divided into several groups. It may also be used by members of the squad to identify themselves. It may be necessary to number the squad prior to proving.

59. Lorsque l'appel est fait sous la surveillance d'une personne dont le grade est supérieur à celui de la personne qui fait l'appel, chacun des membres de l'escouade doit répondre en utilisant le grade du surveillant.

60. Lorsqu'une personne dont le grade est supérieur à celui de la personne qui fait l'appel se trouve dans les rangs et qu'aucune personne d'un grade supérieur ne surveille l'appel, chacun des deux doit utiliser le grade de l'autre lorsqu'il fait l'appel ou y répond.

61. Chacun des membres de l'escouade revient à la position en place repos après avoir répondu à l'appel.

NUMÉROTAGE

62. Le numérotage permet :

- a. de désigner un membre de l'escouade; et
- b. de déterminer le nombre de personnes présentes au rassemblement.

63. Au commandement « ESCOUADE NUMÉRO — TEZ », seuls les militaires du rang avant se numérotent les uns après les autres à partir de la droite, le premier militaire de droite répondant « UN », le suivant « DEUX » et ainsi de suite. Il faut garder la tête et les yeux immobiles. Aucune pause n'est observée.

64. Les militaires occupant le rang du centre et le rang arrière prennent le numéro de la personne qui est devant eux.

65. Si une erreur se produit, l'instructeur peut donner le commandement « AU TEMPS » et rappeler le dernier bon numéro. Le membre de l'escouade ainsi interpellé répète son numéro et le numérotage continue. Si l'instructeur donne le commandement « AU TEMPS, ESCOUADE NUMÉRO — TEZ » le numérotage recommence depuis le début.

IDENTIFICATION

66. L'identification sert à désigner l'homme de flanc lorsque l'escouade est divisée en plusieurs groupes. Elle peut également permettre aux membres de l'escouade de s'identifier eux-mêmes. Il peut être nécessaire de procéder au numérotage de l'escouade avant de faire l'identification.

67. On the command NUMBERS __, __, __ – PROVE, the members designated raise their left forearm parallel to the ground, keeping their left elbow close to the body and the hand closed as for the position of attention.

68. On the command ATTEN – TION, the members who proved adopt the position of attention.

PACES FORWARD AND TO THE REAR

69. When taking paces forward and to the rear:

- a. the cadence shall be in quick time;
- b. the length of each step shall be one half pace (35 cm); and
- c. the arms shall be kept still at the sides.

70. A group shall not be moved forward or back more than three paces by this method. When the distance is greater the squad will be marched the required distance.

71. On the command ONE PACE FORWARD MARCH BY NUMBERS, SQUAD – ONE, squad members shall:

- a. shoot the left foot forward one half pace, forcing the weight forward on the left foot, with the right heel raised; and
- b. keep the arms still at the sides.

72. On the command SQUAD – TWO, squad members shall bend the right knee, straighten it in double time, place the right foot smartly on the ground beside the left and assume the position of attention.

73. On the command ONE PACE FORWARD – MARCH, the movements are combined, observing the timing noted in paragraph 77.

74. On the command ONE PACE STEP BACK MARCH BY NUMBERS, SQUAD – ONE, squad members shall:

67. Au commandement « NUMÉROS __, __, __, VÉRIFICA — TION », les militaires désignés lèvent l'avant-bras gauche de façon à ce qu'il soit parallèle au sol, en gardant le coude gauche près du corps et la main fermée comme à la position du garde-à-vous.

68. Au commandement « GARDE-À — VOUS », les militaires qui se sont identifiés reprennent la position du garde-à-vous.

PAS VERS L'AVANT ET PAS VERS L'ARRIÈRE

69. Lorsque les militaires se déplacent de quelques pas vers l'avant ou vers l'arrière :

- a. le mouvement se fait au pas cadencé;
- b. chaque déplacement doit correspondre à la longueur d'un demi-pas (35 cm); et
- c. les bras restent immobiles le long du corps.

70. Cette manœuvre ne doit pas être utilisée pour faire déplacer les troupes de plus de trois pas vers l'avant ou vers l'arrière. Lorsque la distance est de plus de trois pas, l'escouade doit se déplacer au pas de marche.

71. Au commandement « EN DÉCOMPOSANT, UN PAS VERS L'AVANT, MARCHÉ, ESCOUADE — UN », les membres de l'escouade doivent :

- a. avancer le pied gauche et faire un demi-pas en appuyant le poids du corps sur le pied gauche et en soulevant le talon droit; et
- b. garder les bras immobiles le long du corps.

72. Au commandement « ESCOUADE — DEUX », les membres de l'escouade fléchissent le genou droit, puis le redressent vivement, ramenant le pied droit rapidement à côté du pied gauche, et reprennent la position du garde-à-vous.

73. Au commandement « UN PAS VERS L'AVANT — MARCHÉ », les deux mouvements sont combinés et la manœuvre est exécutée selon la cadence indiquée au paragraphe 77.

74. Au commandement « EN DÉCOMPOSANT, UN PAS VERS L'ARRIÈRE, MARCHÉ, ESCOUADE — UN », les membres de l'escouade doivent :

- a. shoot the left foot to the rear one half pace with the weight forward on the right foot and the left heel raised; and
- b. keep the arms still at the sides.

75. On the command SQUAD – TWO, squad members shall bend the right knee, straighten it in double time, place the right foot smartly on the ground beside the left, and assume the position of attention.

76. On the command ONE PACE(S) STEP BACK – MARCH, the two movements are combined, observing the timing noted in paragraph 77.

77. The timings for the above movements are counted as follows:

- a. for one pace, “one-two”;
- b. for two paces, “one, one-two”; and
- c. for three paces, “one, one, one-two”.

78. On the command TWO PACES FORWARD (STEP BACK) – MARCH, the movement shall be carried out as detailed above, except that the left foot shall be brought in to the right to assume the position of attention.

DRESSING A SQUAD

79. On the command RIGHT DRESS BY NUMBERS, SQUAD – ONE:

- a. the right-hand individual of the front rank stands fast; and
- b. the remainder take a half pace forward by shooting the left foot forward, bending the right knee and adopting the position of attention.

80. On the command SQUAD – TWO:

- a. the right file stands fast;
- b. the remainder turns head and eyes to the right as far as possible without straining; and

- a. déplacer vivement le pied gauche vers l'arrière et faire un demi-pas en appuyant le poids du corps sur le pied droit et en soulevant le talon gauche; et
- b. garder les bras immobiles le long du corps.

75. Au commandement « ESCOUADE — DEUX », les membres de l'escouade fléchissent le genou droit, puis le redressent vivement, ramenant rapidement le pied droit à côté du pied gauche, et reprennent la position du garde-à-vous.

76. Au commandement « UN PAS VERS L'ARRIÈRE — MARCHÉ », les deux mouvements sont combinés et la manœuvre est exécutée selon la cadence indiquée au paragraphe 77.

77. La cadence des mouvements ci-dessus est la suivante :

- a. déplacement d'un pas, « un-deux »;
- b. déplacement de deux pas, « un, un-deux »; et
- c. déplacement de trois pas, « un, un, un-deux ».

78. Au commandement « DEUX PAS VERS L'AVANT (L'ARRIÈRE) — MARCHÉ », le mouvement devra être exécuté de la façon indiquée ci-dessus, sauf que le pied gauche doit être rapproché du pied droit de façon à adopter de nouveau la position du garde-à-vous.

ALIGNEMENT D'UNE ESCOUADE

79. Au commandement « EN DÉCOMPOSANT, PAR LA DROITE, ALIGNEZ, ESCOUADE — UN » :

- a. la personne à l'extrême droite du rang avant reste immobile; et
- b. les autres font un demi-pas vers l'avant en avançant le pied gauche et en fléchissant le genou droit, et reviennent à la position du garde-à-vous.

80. Au commandement « ESCOUADE — DEUX » :

- a. la file de droite reste immobile;
- b. les autres tournent la tête et les yeux vers la droite, autant que possible sans faire d'effort excessif; et

- c. simultaneously, the front rank, except the right-hand individual, shoots the right arm its full extent behind the shoulder of the one on the right. The hand is closed as in the position of attention, back of the hand uppermost and arm parallel to the ground.

- c. en même temps, les militaires occupant le rang avant, sauf la personne à l'extrême droite, étendent le bras droit à pleine extension à la hauteur de l'épaule, derrière le voisin de droite, la main fermée comme à la position du garde-à-vous, le dos de la main vers le haut et le bras parallèle au sol.

81. On the command SQUAD – THREE:

81. Au commandement « ESCOUADE — TROIS » :

- a. the right-hand individual of the front rank stands fast; and
- b. the remainder takes up correct alignment, distance and covering by taking short, quick paces until they are in the correct position. Movement starts with the left foot (see Figure 2-11).

- a. la personne à l'extrême droite du rang avant reste immobile; et
- b. les autres s'alignent sur la personne à l'extrême droite et sur celle du rang d'en avant et adoptent la bonne distance en faisant de petits pas rapides jusqu'à ce qu'ils soient dans la bonne position. Il faut commencer le mouvement du pied gauche (voir figure 2-11).

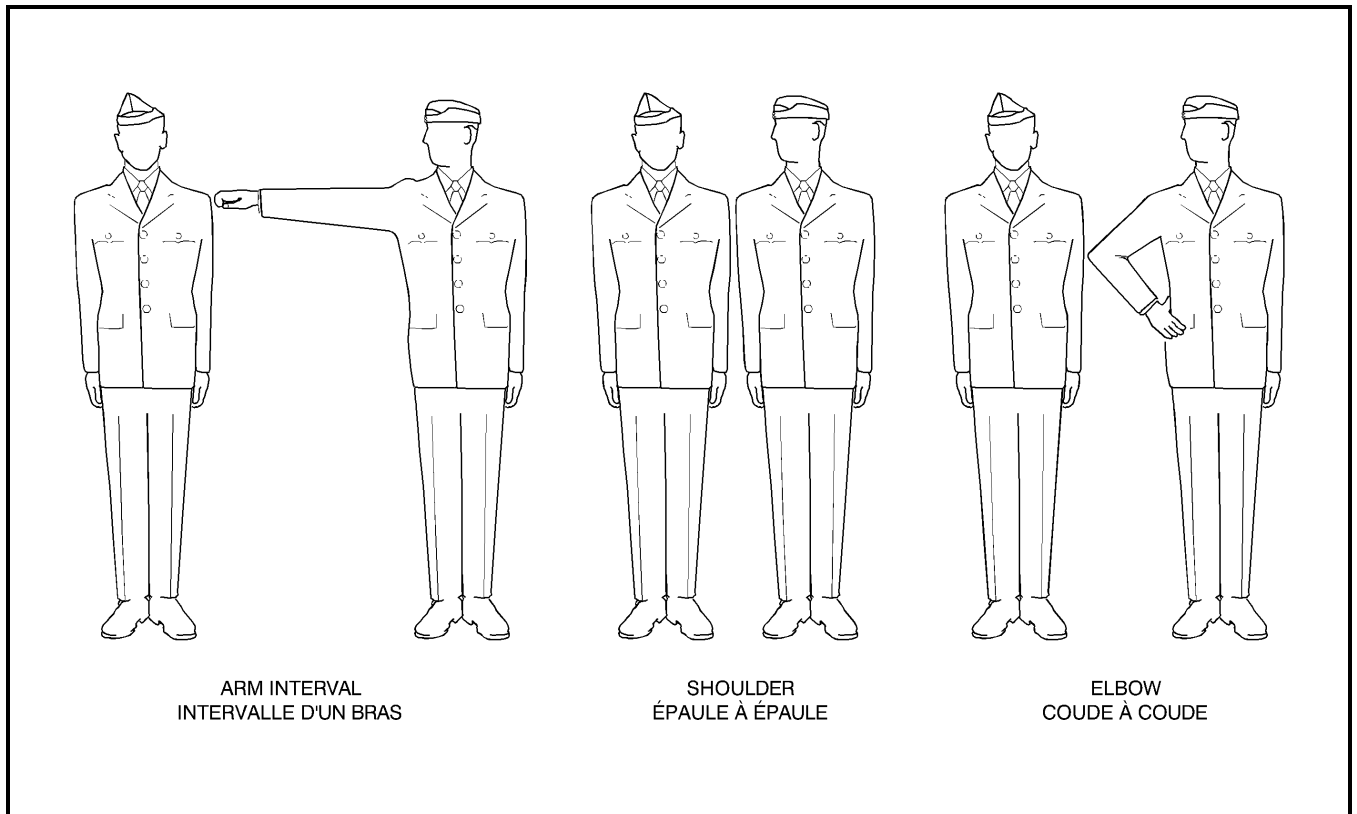


Figure 2-11 Dressing a Squad
 Figure 2-11 Alignement d'une escouade

82. As a guide to taking up correct alignment, each member of the squad except those in the right file moves to a position from which the lower portion of the face of the second person to the right can just be seen. Correct covering is taken up by glancing to the front without moving the head. The interval is correct when the closed hand is touching the left shoulder of the person on the right.

83. On the command RIGHT – DRESS, the three movements are combined. The standard pause shall be observed between the movements.

84. On the command EYES – FRONT, squad members shall snap the head and eyes to the front and cut the right arm smartly to the rear of the individual on the right and to the position of attention without slapping the thigh.

85. On the command SHOULDER DRESSING, RIGHT – DRESS, dressing is carried out as for the right dress, except that the arms are not raised and dressing is taken up without arm's length interval. Enough lateral space is left between the shoulders of each person in the rank to manipulate weapons.

86. On the command ELBOW DRESSING, RIGHT – DRESS, dressing is carried out as for the right dress except:

- a. the right hand is placed on the hip or belt as applicable;
- b. fingers closed, pointed down and extended forward;
- c. thumbs to the rear; and
- d. the point of the elbow forced forward and touching the individual's arm on the right.

87. When dressing by the left, the same drill is followed except the head and eyes are turned left and the left arm is raised. The left-hand individual stands fast, looks to the front, and those in the file behind adopt the appropriate distance between ranks.

82. Pour bien s'aligner, chaque membre de l'escouade, sauf la personne à l'extrême droite, se place de telle sorte qu'il ne voie que la partie inférieure du visage de la deuxième personne à sa droite. Il faut couvrir la personne d'en avant en jetant un coup d'œil vers l'avant sans remuer la tête. La distance est correcte lorsque la main refermée touche l'épaule gauche de la personne à sa droite.

83. Au commandement « PAR LA DROITE, ALI — GNEZ », les trois mouvements sont combinés. Il faut observer la pause réglementaire entre les mouvements.

84. Au commandement « FIXE », les membres de l'escouade ramènent vivement la tête et les yeux vers l'avant et ramènent rapidement le bras droit à la position du garde-à-vous sans frapper la cuisse.

85. Au commandement « PAR LA DROITE, ÉPAULE À ÉPAULE, ALI — GNEZ », l'alignement se fait comme pour l'alignement par la droite, sauf que le bras n'est pas élevé et que l'alignement se fait sans laisser une grande distance. Il ne faut laisser entre les épaules de chaque personne que l'espace suffisant permettant le maniement des armes.

86. Au commandement « PAR LA DROITE, COUDE À COUDE, ALI — GNEZ », il faut procéder comme l'alignement par la droite, mais :

- a. placer la main droite sur la hanche ou la ceinture;
- b. garder les doigts fermés, pointés vers le sol et tendus;
- c. placer le pouce en arrière; et
- d. toucher avec la pointe du coude le bras de la personne placée à sa droite.

87. Lorsque l'alignement se fait par la gauche, la manœuvre est la même que pour l'alignement par la droite, sauf que la tête et les yeux sont tournés vers la gauche et que le bras gauche est élevé. La personne à l'extrême gauche reste immobile, les yeux fixés vers l'avant, et les personnes en file derrière laissent la distance appropriée entre les rangs.

88. Dressing may be ordered by the centre when required if more than one squad is on parade in line or mass. The command is INWARD – DRESS and flanking squads shall dress by their left or right as appropriate.

89. When a squad is formed with only one person in the blank file, that individual shall dress with the front rank when the squad is advancing and with the rear rank when the squad is retiring. When the squad is moving to a flank, the individual shall dress with the directing flank.

90. When bearing arms, dressing is completed by raising the left arm rather than the right arm.

OPEN ORDER MARCH

91. The open order is executed as follows:

- a. the front rank shall move forward three half paces, the rear rank shall step back three half paces and the centre rank shall stand fast;
- b. the cadence shall be in quick time; and
- c. the arms shall be kept still at the sides.

92. On the command OPEN ORDER – MARCH, the movements will be executed as for three check paces forward and to the rear, the final movement being executed by bending the right knee, straightening it in double time and placing the right foot smartly on the ground by the left and assuming the position of attention.

93. The timing for the movements is counted as one, one, one-two.

94. When formed in two ranks, the front rank stands fast and the rear rank steps back three half paces (see figures 2-12 and 2-13).

CLOSE ORDER MARCH

95. On the command CLOSE ORDER – MARCH, the squad shall reverse the movements in paragraphs 91 to 94.

88. Il est possible d'aligner, au besoin, les militaires en partant du centre lorsque plusieurs escouades sont rassemblées en formation en ligne ou en masse. Le commandement donné alors est le suivant : « PAR LE CENTRE, ALI — GNEZ », et les escouades de flanc doivent s'aligner à partir de la gauche ou de la droite, selon le cas.

89. Quand une escouade est formée et que la file creuse ne comprend qu'une seule personne, celle-ci s'aligne sur le rang avant lorsque l'escouade se déplace vers l'avant et sur le rang arrière lorsque l'escouade se déplace vers l'arrière. Lorsque l'escouade se déplace sur un flanc, la personne doit s'aligner sur le flanc de direction.

90. Lorsque les militaires portent des armes, l'alignement se fait en élevant le bras gauche plutôt que le bras droit.

FAÇON D'OUVRIER LES RANGS

91. La façon d'ouvrir les rangs est la suivante :

- a. le rang avant avance de trois demi-pas, tandis que le rang arrière recule de trois demi-pas et que le rang du centre reste immobile;
- b. la cadence observée est celle du pas cadencé; et
- c. les bras restent immobiles le long du corps.

92. Au commandement « OUVREZ LES RANGS — MARCHÉ », il faut exécuter la manœuvre comme pour le mouvement trois demi-pas vers l'avant ou vers l'arrière, le dernier mouvement consistant à fléchir le genou droit et à le redresser à la cadence du pas gymnastique, et le ramener vivement au sol, près du pied gauche pour revenir à la position du garde-à-vous.

93. La cadence appropriée s'obtient en comptant « un, un, un-deux ».

94. Lorsque l'escouade est sur deux rangs, le rang avant reste immobile et le rang arrière recule de trois demi-pas (voir les figures 2-12 et 2-13).

FAÇON DE FERMER LES RANGS

95. Au commandement « FERMEZ LES RANGS — MARCHÉ », l'escouade exécute la manœuvre décrite aux paragraphes 91 à 94, mais en inversant l'ordre.

ORDERING A SQUAD ON PARADE

96. Prior to being fallen in on parade, the squad shall form itself up in three ranks at the edge of the parade ground and stand at ease. When the squad is formed up, the instructor may detail one person to act as marker, the marker shall then take up the position of the right-hand person of the front rank and stand at ease. If the instructor does not detail a marker, the right-hand person shall assume this duty. The instructor shall then proceed onto the parade ground and halt three paces in front of where he wishes the marker to fall in.

97. On the command **MARKER**, the person detailed as marker shall:

- a. come to attention and observe the standard pause;
- b. march in quick time to a position three paces in front of, and facing the instructor and halt; and
- c. remain at attention.

RASSEMBLEMENT D'UNE ESCOUADE

96. Les membres de l'escouade doivent se former sur trois rangs, à la position en place repos, en bordure du terrain d'exercice, avant le rassemblement. Lorsque l'escouade est formée, l'instructeur peut désigner une personne qui doit agir comme guide; celui-ci doit alors prendre position à l'extrême droite du rang avant et adopter la position en place repos. Si l'instructeur ne désigne pas de guide, la personne qui se trouve à l'extrême droite du rang avant doit remplir cette fonction. L'instructeur doit alors se diriger vers le terrain de rassemblement et s'arrêter à trois pas devant l'endroit où il désire que le guide prenne position.

97. Au commandement « **GUIDE** », la personne désignée comme guide doit :

- a. adopter la position du garde-à-vous et observer la pause réglementaire;
- b. s'avancer au pas cadencé vers l'instructeur et s'arrêter en face, à trois pas de lui; et
- c. rester au garde-à-vous.

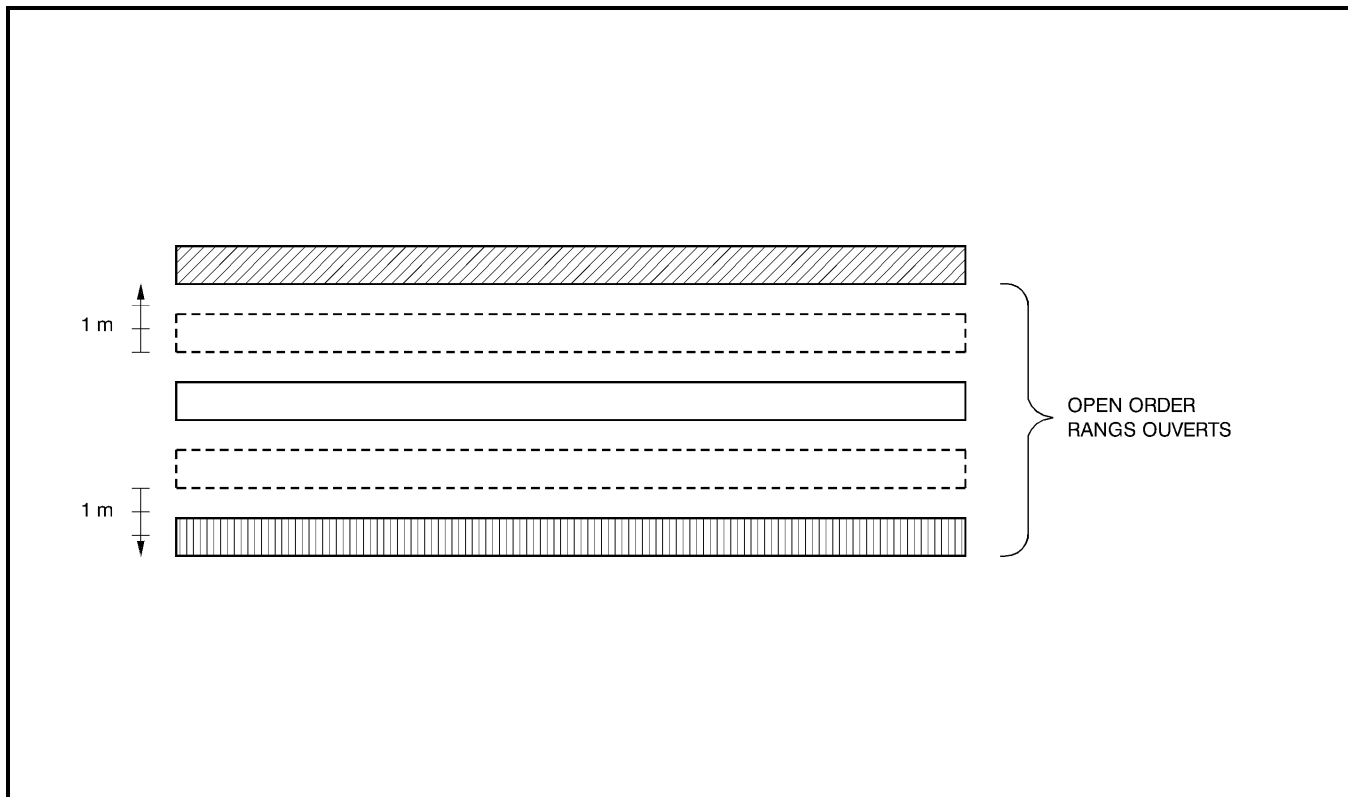


Figure 2-12 Open Order – March (Three Ranks)
 Figure 2-12 Façon d'ouvrir les rangs (escouade sur trois rangs)

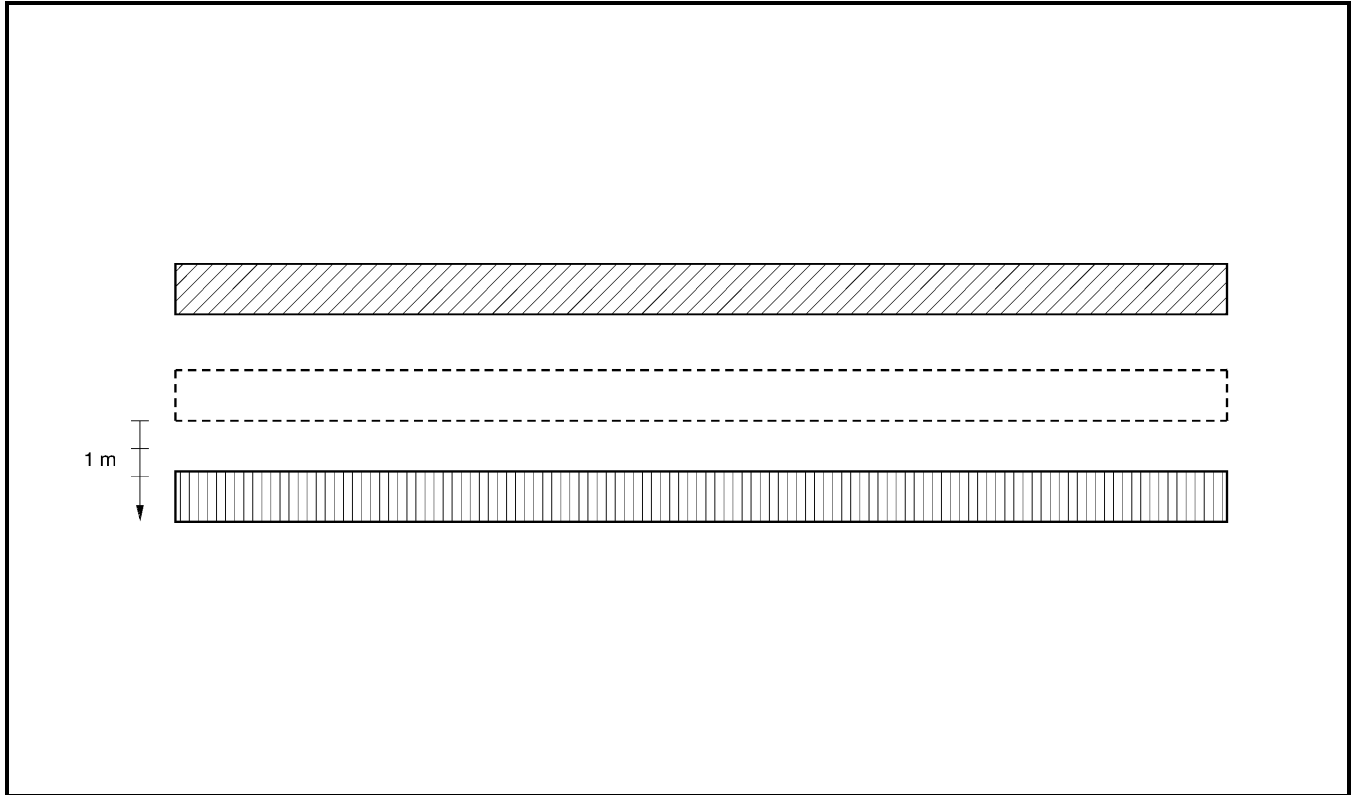


Figure 2-13 Open Order – March (Two Ranks)

Figure 2-13 Façon d'ouvrir les rangs (escouade sur deux rangs)

98. The instructor then turns right and marches to a position three paces in front and centre of where the squad will fall in.

98. L'instructeur se tourne alors vers la droite et se place à trois pas au centre de l'endroit devant lequel l'escouade doit se rassembler.

99. On the command FALL – IN, squad members shall:

99. Au commandement « RASSEMBLEMENT — MARCHÉ », les membres de l'escouade doivent :

- a. come to attention;
- b. observe the standard pause;
- c. march onto the parade ground, and halt on the left of and covering off the marker; and
- d. remain at attention.

- a. adopter la position du garde-à-vous;
- b. observer la pause réglementaire;
- c. s'avancer jusqu'au terrain de rassemblement et s'arrêter à la gauche du guide, en ligne avec celui-ci; et
- d. rester au garde-à-vous.

100. The instructor shall then proceed as required, e.g., OPEN ORDER – MARCH; RIGHT – DRESS; EYES – FRONT; and STAND AT – EASE.

100. L'instructeur devra alors donner les commandements appropriés, par exemple, « OUVREZ LES RANGS — MARCHÉ »; « PAR LA DROITE, ALI — GNEZ »; « FIXE »; et « EN PLACE, RE — POS ».

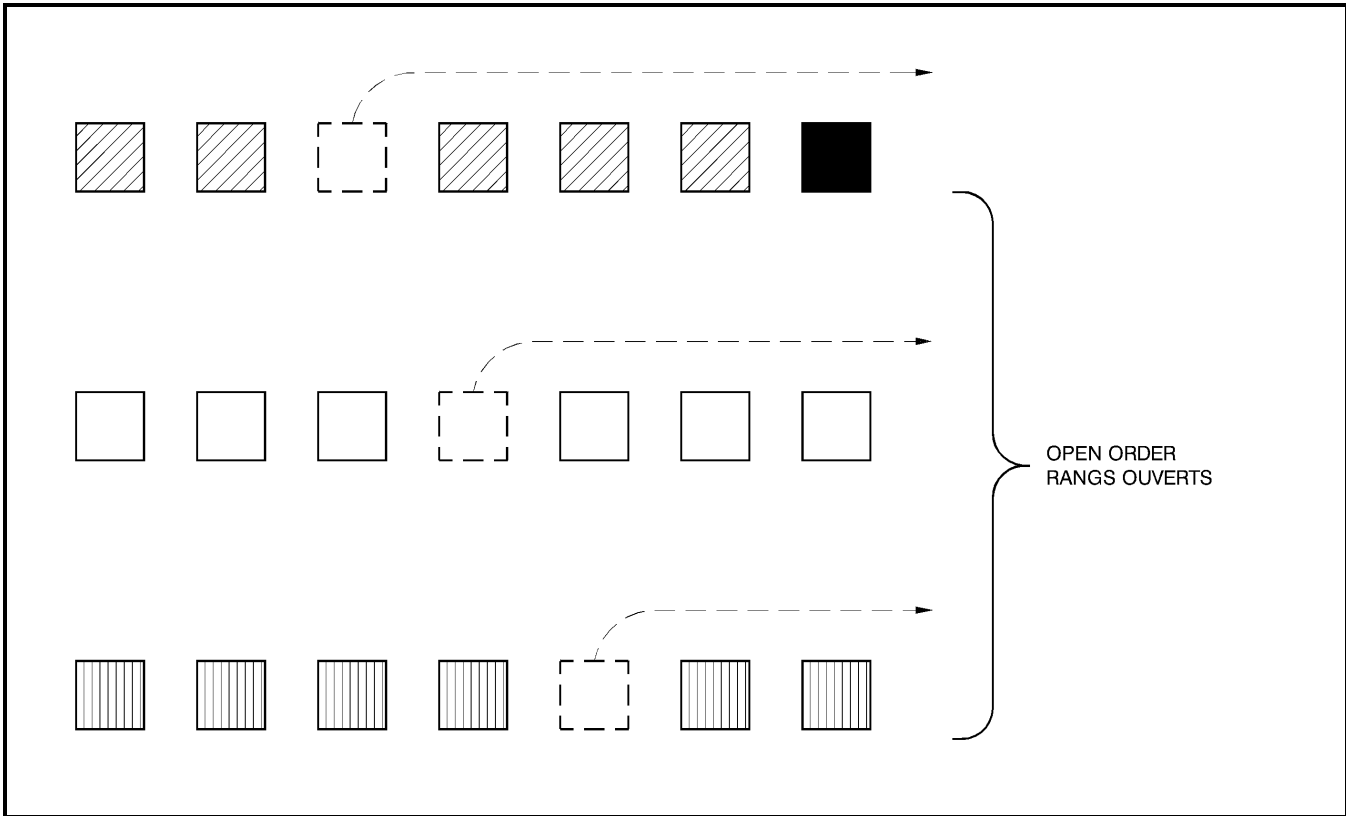


Figure 2-14 Falling out of Individuals
 Figure 2-14 Façon de quitter les rangs

DISMISSING A SQUAD

101. The command DIS – MISS signifies the end of a parade, period of instruction, etc. The squad shall be in line and at attention when dismissed.

102. On the command DIS – MISS, squad members shall:

- a. turn right;
- b. observe the standard pause;
- c. salute, if an officer is on parade;
- d. observe the standard pause; and
- e. march off independently, in quick time, from the place of parade.

FAÇON DE ROMPRE LES RANGS

101. Le commandement « ROM — PEZ » signifie la fin d'un rassemblement, d'une période d'instruction, etc. L'escouade doit être en ligne, à la position du garde-à-vous, lorsque l'ordre de rompre les rangs est donné.

102. Au commandement « ROM — PEZ », les membres de l'escouade doivent :

- a. tourner vers la droite;
- b. observer la pause réglementaire;
- c. saluer si un officier prend part au rassemblement;
- d. observer la pause réglementaire; et
- e. quitter le terrain de rassemblement, indépendamment, au pas cadencé.

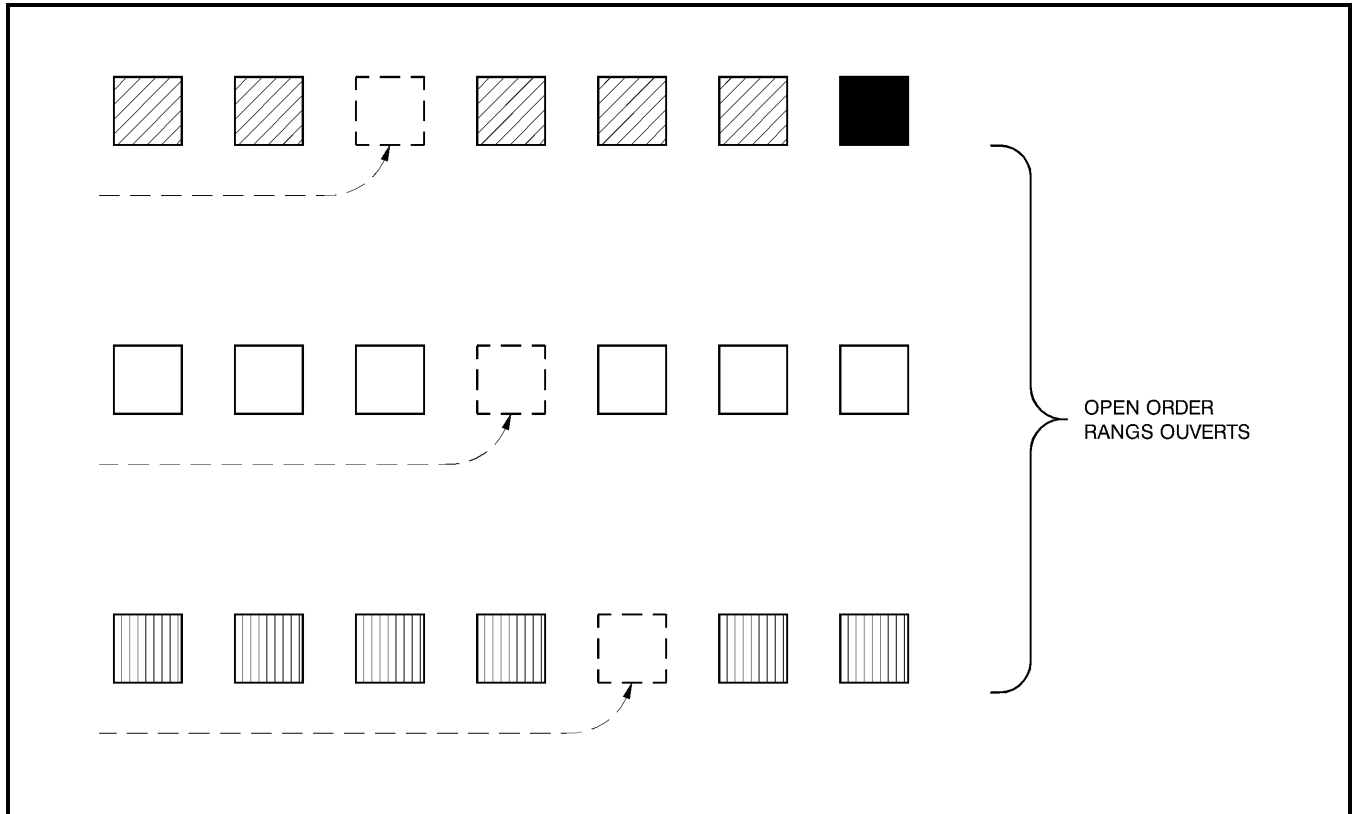


Figure 2-15 Falling in of Individuals
 Figure 2-15 Façon de rejoindre les rangs

FALLING OUT OF RANKS

103. The squad shall be at the open order when it is required to fall individuals out.

104. The command FALL – OUT shall be used when an individual is called out of the squad.

105. On the command FALL – OUT, the person ordered shall come to attention, and, after a standard pause, march, wheeling immediately, to the right flank of his rank and then proceed in the required direction, ensuring that he does not proceed in front of or with the ranks of another sub-unit (see Figure 2-14).

FALLING INDIVIDUALS IN

106. On the command FALL – IN, the individual ordered marches to the left rank of the squad and returns to his position by marching in rear of his rank, wheeling into his original position and halting. The individual shall pick up his dressing and either remain at attention or stand at ease as required (see Figure 2-15).

FAÇON DE QUITTER LES RANGS

103. Les rangs de l'escouade doivent être ouverts lorsque ses membres doivent quitter les rangs.

104. Le commandement « ROMPEZ LES — RANGS » est donné lorsqu'une personne doit quitter l'escouade.

105. Au commandement « ROMPEZ LES — RANGS », la personne désignée doit adopter la position du garde-à-vous, observer la pause réglementaire, partir, pivotant immédiatement, et se rendre jusqu'au flanc droit de l'escouade en passant devant le rang qu'elle occupe et se diriger dans la direction voulue (voir figure 2-14).

FAÇON DE REJOINDRE LES RANGS

106. Au commandement « REJOIGNEZ LES — RANGS », la personne désignée se rend jusqu'au flanc gauche de l'escouade et reprend sa position en passant derrière le rang qu'elle occupait, converge vers sa position et s'arrête. Elle s'aligne et reste au garde-à-vous ou encore adopte la position en place repos, selon le cas (voir figure 2-15).

SIZING IN THREE RANKS

107. A squad is sized to align individual member's heights for aesthetic balance and give the best general impression to a spectator.

108. On the command **TALLEST ON THE RIGHT, SHORTEST ON THE LEFT, IN THREE RANKS – SIZE**, the squad shall turn right, observe the standard pause, then arrange themselves according to height, with tallest on the right and shortest on the left in three ranks, shoulder to shoulder dressing and covering off front to rear.

109. The instructor shall give the commands **OPEN ORDER – MARCH**; and **SQUAD – NUMBER**.

110. On the command **EVEN NUMBERS ONE PACE STEP BACK – MARCH**, the even numbers shall step back one half pace.

111. On the command **NUMBER ONES STAND FAST; ODD NUMBERS RIGHT, EVEN NUMBERS LEFT – TURN**, the squad shall act as ordered.

112. On the command **REFORM THREES, QUICK – MARCH** (Figure 2-16):

- a. The right file shall stand fast.
- b. The remainder of the odd numbers shall march forward and form up on the left of the number one of each rank.
- c. The even numbers of each rank shall wheel around to the right and follow the odd numbers of their respective rank.
- d. When each member arrives in his new position, he shall halt at arm's-length interval, observe the standard pause, turn left and remain at attention.

ALIGNEMENT EN ORDRE DE GRANDEUR SUR TROIS RANGS

107. Les membres de l'escouade sont alignés selon leur taille à des fins d'équilibre esthétique et pour donner au spectateur la meilleure impression possible.

108. Au commandement « **LES PLUS GRANDS À DROITE, LES PLUS PETITS À GAUCHE, SUR TROIS RANGS, ALI — GNEZ** », les membres de l'escouade doivent tourner vers la droite, observer la pause réglementaire, puis se placer par ordre de grandeur, les plus grands à droite et les plus petits à gauche, en trois rangs, s'aligner épaule à épaule et en ligne avec les rangs avant.

109. L'instructeur doit donner les commandements suivants : « **OUVREZ LES RANGS — MARCHÉ** »; et « **ESCOUADE, NUMÉRO — TEZ** ».

110. Au commandement « **LES NUMÉROS PAIRS, UN PAS VERS L'ARRIÈRE — MARCHÉ** », les membres de l'escouade dont le numéro est pair font un demi-pas vers l'arrière.

111. Au commandement « **LES NUMÉROS UN, IMMOBILES, LES NUMÉROS IMPAIRS VERS LA DROITE, LES NUMÉROS PAIRS VERS LA GAUCHE TOUR — NEZ** », les membres de l'escouade exécutent la manœuvre demandée.

112. Au commandement « **REFORMEZ SUR TROIS RANGS, PAS CADENCÉ — MARCHÉ** » (figure 2-16) :

- a. La file de droite reste immobile.
- b. Les autres membres de l'escouade dont les numéros sont impairs avancent et se forment à la gauche des numéros un de chaque rang.
- c. Les autres personnes dont les numéros sont pairs doivent pivoter vers la droite et suivre les personnes de leur rang respectif dont les numéros sont impairs.
- d. En arrivant à sa nouvelle position, chaque membre de l'escouade doit s'arrêter en laissant une longueur de bras entre lui-même et son voisin, observer la pause réglementaire, tourner à gauche et rester au garde-à-vous.

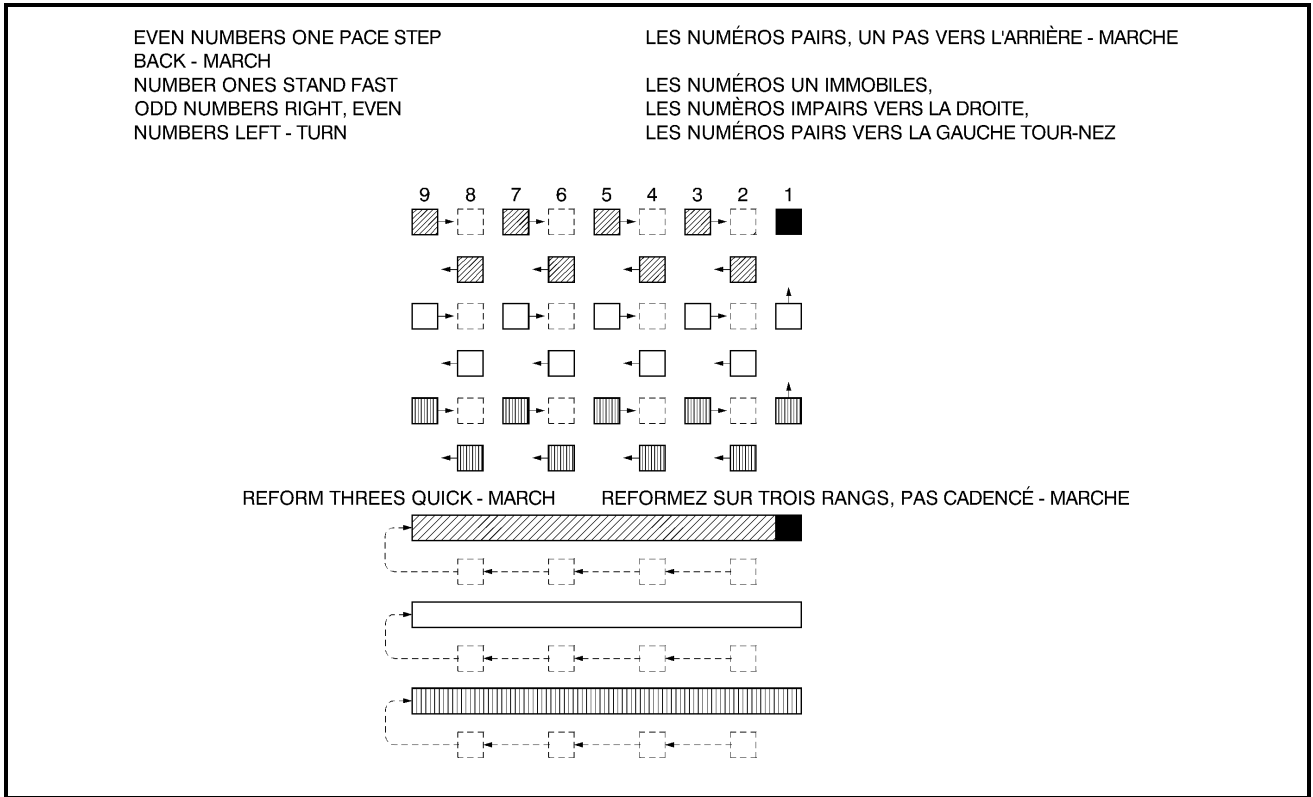


Figure 2-16 Sizing in Three Ranks
 Figure 2-16 Aligement selon la taille sur trois rangs

SIZING IN TWO RANKS AND REFORMING THREES

113. On the command **TALLEST ON THE RIGHT, SHORTEST ON THE LEFT, IN TWO RANKS – SIZE**, the squad shall turn right, observe the standard pause, then arrange themselves according to height, with tallest on the right and shortest on the left in two ranks, shoulder to shoulder dressing and covering off front to rear.

114. On the command **MARKER STAND FAST, FRONT RANK RIGHT, REAR RANK LEFT – TURN**, the ranks shall act as ordered.

115. On the command **REFORM THREES, QUICK – MARCH**, the squad reforms three ranks as follows:

- a. The marker remains the right-hand person of the front rank.

ALIGNEMENT EN ORDRE DE GRANDEUR SUR DEUX RANGS ET RETOUR SUR TROIS RANGS

113. Au commandement « **LES PLUS GRANDS À DROITE, LES PLUS PETITS À GAUCHE, SUR DEUX RANGS, ALI — GNEZ** », les membres de l'escouade doivent tourner vers la droite, observer la pause réglementaire, puis se placer par ordre de grandeur, les plus grands à droite et les plus petits à gauche, en deux rangs, s'aligner épaule à épaule et en ligne avec les rangs avant.

114. Au commandement « **GUIDE, IMMOBILE, RANG AVANT VERS LA DROITE, RANG ARRIÈRE VERS LA GAUCHE TOUR — NEZ** », les deux rangs exécutent la manœuvre demandée.

115. Au commandement « **REFORMEZ TROIS RANGS, PAS CADENCÉ — MARCHÉ** », l'escouade se reforme sur trois rangs comme suit :

- a. Le guide demeure à l'extrême droite au rang avant.

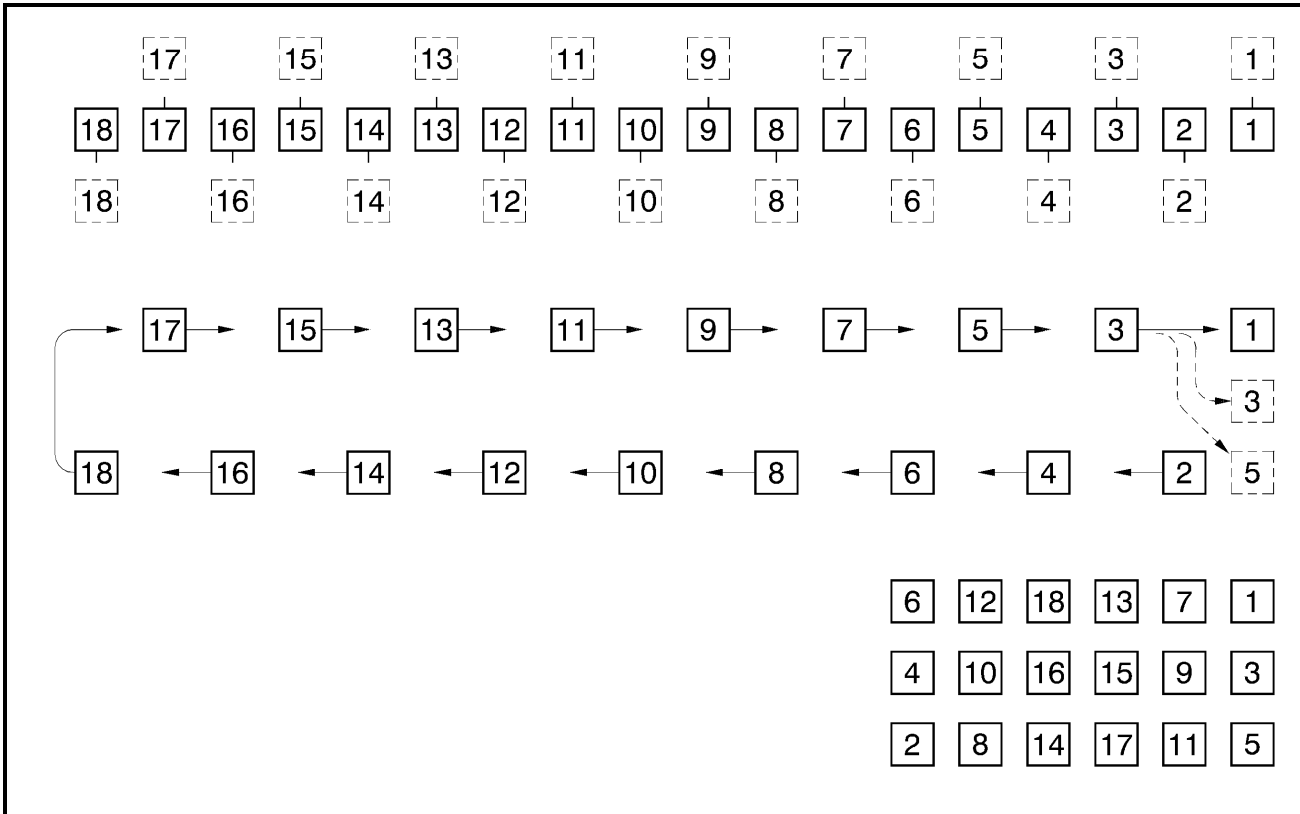


Figure 2-17 Sizing in Single Rank
 Figure 2-17 Alignement selon la taille sur un rang

- b. The second member of the front rank becomes the right-hand person of the centre rank.
 - c. The third member of the front rank becomes the right-hand person of the rear rank.
 - d. The rear rank wheels right following the front rank and as each member closes up towards his new position, he shall follow the procedure as detailed in subparagraphs a., b. and c.
 - e. When each member arrives in his new position, he shall halt at arm's-length interval, observe the standard pause, turn left and remain at attention.
- b. La deuxième personne du rang avant devient la personne à l'extrême droite du rang du centre.
 - c. La troisième personne du rang avant devient la personne à l'extrême droite du rang arrière.
 - d. Le rang arrière pivote vers la droite, derrière le rang avant et, à mesure que chaque personne s'approche de sa nouvelle position, elle doit exécuter les manœuvres décrites aux sous-paragraphes a., b. et c.
 - e. En arrivant à sa nouvelle position, chaque membre de l'escouade doit s'arrêter en laissant une longueur de bras entre lui-même et son voisin, observer la pause réglementaire, tourner à gauche et rester au garde-à-vous.

SIZING IN SINGLE RANK AND REFORMING THREES

116. On the command **TALLEST ON THE RIGHT, SHORTEST ON THE LEFT, IN A SINGLE RANK – SIZE**, the squad shall turn right, observe

ALIGNEMENT EN ORDRE DE GRANDEUR SUR UN RANG ET RETOUR SUR TROIS RANGS

116. Au commandement « **LES PLUS GRANDS À DROITE, LES PLUS PETITS À GAUCHE, SUR UN SEUL RANG, ALI — GNEZ** », les membres de

the standard pause, then arrange themselves according to height, with tallest on the right and shortest on the left in one single rank, shoulder to shoulder dressing and covering off front to rear.

117. On the command SQUAD – NUMBER, the squad shall act as ordered.

118. On the command ODD NUMBERS ONE PACE FORWARD, EVEN NUMBERS ONE PACE STEP BACK – MARCH, the squad shall act as ordered.

119. On the command NUMBER ONE STAND FAST, ODD NUMBERS RIGHT, EVEN NUMBERS LEFT – TURN, the squad shall act as ordered.

120. On the command REFORM THREES, QUICK – MARCH, the squad reforms three ranks (Figure 2-17) as follows:

- a. Number one remains the right-hand person of the front rank.
- b. Number three becomes the right-hand person in the centre rank.
- c. Number five becomes the right-hand person in the rear rank, and so on.
- d. When each person arrives in his new position, he shall halt, at arm's-length interval, observe the standard pause, turn left and remain at attention.

FORMING TWO RANKS FROM THREE

121. Prior to forming two ranks from three ranks, the squad shall be in close order, dressed at arm's length interval and numbered.

122. On the command FORM TWO RANKS BY NUMBERS, SQUAD – ONE, the centre rank takes one pace left.

l'escouade doivent tourner vers la droite, observer la pause réglementaire, puis se placer par ordre de grandeur, les plus grands à droite et les plus petits à gauche, sur un seul rang, s'aligner épaule à épaule et en ligne avec les rangs avant.

117. Au commandement « ESCOUADE, NUMÉRO — TEZ », les membres de l'escouade exécutent l'ordre reçu.

118. Au commandement « LES NUMÉROS IMPAIRS, UN PAS VERS L'AVANT, LES NUMÉROS PAIRS, UN PAS VERS L'ARRIÈRE — MARCHÉ », les membres de l'escouade exécutent l'ordre reçu.

119. Au commandement « NUMÉRO UN IMMOBILE, LES NUMÉROS IMPAIRS VERS LA DROITE, LES NUMÉROS PAIRS VERS LA GAUCHE TOUR — NEZ », les membres de l'escouade doivent exécuter la manœuvre demandée.

120. Au commandement « REFORMEZ SUR TROIS RANGS, PAS CADENCÉ — MARCHÉ », les membres de l'escouade doivent se reformer sur trois rangs (figure 2-17) comme suit :

- a. Le numéro un est la personne à l'extrême droite du rang avant.
- b. Le numéro trois devient la personne à l'extrême droite du rang du centre.
- c. Le numéro cinq devient la personne à l'extrême droite du rang arrière, et ainsi de suite.
- d. En arrivant à sa nouvelle position, chaque membre de l'escouade doit s'arrêter en laissant une longueur de bras entre lui-même et son voisin, observer la pause réglementaire tourner à gauche et rester au garde-à-vous.

FORMATION SUR DEUX RANGS DEPUIS LA FORMATION SUR TROIS RANGS

121. Avant d'adopter la formation sur deux rangs depuis la formation sur trois rangs, les rangs doivent être fermés et les membres de l'escouade, qui doivent se numéroter, doivent s'aligner en laissant la longueur d'un bras entre chacun.

122. Au commandement « EN DÉCOMPOSANT, FORMER DEUX RANGS, ESCOUADE — UN », le rang du centre fait un pas vers la gauche.

123. On the command SQUAD – TWO:

- a. The odd numbers of the centre rank take two half paces forward toward the front rank and assume the position of attention.
- b. The even numbers of the centre rank take two half paces to the rear into the rear rank and assume the position of attention.

124. On the command FORM TWO – RANKS, the two movements are combined. A standard pause shall be observed between the movements.

125. After forming two ranks, the squad shall be dressed.

126. When there is a blank file, the left-hand person of the centre rank moves in the opposite direction to that indicated. An exception occurs in the case of a one-person blank file and an even numbered frontage. In this case, the left-hand person of the centre rank acts according to the standard rule.

REFORMING THREE RANKS FROM TWO

127. Prior to reforming three ranks, the squad shall be in close order.

128. On the command REFORM THREE RANKS BY NUMBERS, SQUAD – ONE:

- a. The original odd numbers of the centre rank take two half paces to the rear.
- b. The original even numbers of the centre rank take two half paces forward.

129. On the command SQUAD – TWO, the centre rank takes one half pace right close march.

130. On the command REFORM THREE – RANKS, the two movements are combined. A standard pause shall be observed between the movements.

123. Au commandement « ESCOUADE — DEUX » :

- a. Les numéros impairs du rang du centre font deux demi-pas vers l'avant et adoptent la position du garde-à-vous.
- b. Les numéros pairs du rang du centre font deux demi-pas vers l'arrière et adoptent la position du garde-à-vous.

124. Au commandement « SUR DEUX RANGS, FOR — MEZ », les deux mouvements sont combinés. Il faut observer la pause réglementaire entre les deux mouvements.

125. Après avoir formé deux rangs, les membres de l'escouade doivent s'aligner.

126. Lorsqu'il y a une file creuse, la personne à l'extrême gauche du rang du centre tourne dans la direction opposée à celle qui est indiquée. Il y a exception toutefois dans le cas où il existe une file creuse d'une seule personne et où le nombre de personnes qui constituent le front de l'escouade est un nombre pair. Dans ce cas, la personne à l'extrême gauche du rang du centre observe la règle en vigueur.

RETOUR À TROIS RANGS DEPUIS LA FORMATION SUR DEUX RANGS

127. Avant de reformer trois rangs, les membres de l'escouade doivent fermer les rangs.

128. Au commandement « EN DÉCOMPOSANT, REFORMEZ SUR TROIS RANGS, ESCOUADE — UN » :

- a. Les personnes du rang du centre désignées antérieurement par des nombres impairs font deux demi-pas vers l'arrière.
- b. Les personnes du rang du centre désignées antérieurement par des nombres pairs font deux demi-pas vers l'avant.

129. Au commandement « ESCOUADE — DEUX », le rang du centre fait un demi-pas vers la droite.

130. Au commandement « SUR TROIS RANGS, REFOR — MEZ », les deux mouvements sont combinés. Il faut observer la pause réglementaire entre les deux mouvements.

131. After reforming three ranks the squad shall be dressed.

FORMING FOUR OR MORE RANKS

132. If required, squads may be formed into more than three ranks. For a single squad, this is most simply done when originally assembled. For more than one squad, a single multiple-ranked formation can be assembled by ordering squads together.

133. Common multiple-ranked formations are those with six, nine and twelve ranks.

134. The number of ranks formed shall normally be greater than the number of files.

131. Après avoir reformé trois rangs, les membres de l'escouade doivent s'aligner.

FORMATION SUR QUATRE RANGS OU PLUS

132. L'escouade peut, au besoin, être formée sur plus de trois rangs. Dans le cas d'une escouade unique, on peut procéder à une formation sur plus de trois rangs au moment du rassemblement. Dans le cas où il s'agit de plusieurs escouades, il est possible de rassembler une formation sur plusieurs rangs en donnant le commandement pertinent aux membres des escouades rassemblées.

133. On appelle habituellement formations sur plusieurs rangs ou sur rangs multiples toute formation comptant six, neuf ou douze rangs.

134. Le nombre de rangs formés doit normalement dépasser le nombre de files.

CHAPTER 3**SQUAD DRILL ON THE MARCH
WITHOUT ARMS****FUNDAMENTALS**

1. The Canadian Forces (CF) march and manoeuvre on foot in quick, slow and double time at the cadences and pace lengths described in paragraphs 5 to 8.
2. The quick march can be maintained for long periods of time and is the standard for routine duty.
3. The slow march is derived from the normal cadence used by former soldiers, who had to manoeuvre over uneven battlefields, and from formal parade steps. The slow march is now used only on ceremonial occasions and its style has evolved slightly to emphasize dignity and stateliness.
4. Double time is used to move troops rapidly from one point to another.

PACE LENGTH AND CADENCES

5. The standard lengths of pace are:
 - a. quick and slow time – 75 cm;
 - b. stepping out in quick and slow time – 85 cm;
 - c. stepping short in quick time and slow time – 55 cm;
 - d. double time – 1 m;
 - e. half pace in quick time (used for marching forward and back three paces or less, see Chapter 2, paragraphs 69 and 70) – 35 cm; and
 - f. side pace – 25 cm.
6. When marching the cadence is:
 - a. in quick time, 120 paces per minute;

CHAPITRE 3**EXERCICE D'ESCOUADE EN MARCHÉ
SANS ARMES****PRINCIPES FONDAMENTAUX**

1. Les membres des Forces canadiennes (FC) exécutent les mouvements et les exercices à pied au pas cadencé, au pas ralenti et au pas de gymnastique. La longueur des pas et la cadence sont décrites aux paragraphes 5 à 8.
2. Le pas cadencé peut être utilisé pendant de longues périodes; c'est celui qui convient à l'exercice des tâches courantes.
3. Le pas ralenti tire son origine de l'allure réservée aux défilés officiels et de la cadence normale qu'utilisaient autrefois les militaires qui devaient se déplacer sur des champs de bataille accidentés. Le pas ralenti ne sert maintenant que dans le cadre des cérémonies et il a évolué quelque peu pour bien marquer les aspects de dignité et de grandeur qu'il traduit.
4. On utilise le pas de gymnastique pour le déplacement rapide des troupes d'un endroit à un autre.

LONGUEUR DES PAS ET CADENCES

5. La longueur réglementaire des pas est la suivante :
 - a. pas cadencé et pas ralenti – 75 cm;
 - b. pas allongé au pas cadencé et au pas ralenti – 85 cm;
 - c. pas raccourci au pas cadencé et au pas ralenti – 55 cm;
 - d. pas de gymnastique – 1 m;
 - e. demi-pas au pas cadencé (utilisé pour avancer et pour reculer de trois pas ou moins; voir les paragraphes 69 et 70 du chapitre 2) – 35 cm; et
 - f. pas de côté – 25 cm.
6. En marche, la cadence est la suivante :
 - a. au pas cadencé, 120 pas à la minute;

- b. in slow time, 60 paces per minute; and
- c. in double time, 180 paces per minute.

7. During recruit training, the cadence in quick time may be increased to 140 paces per minute to encourage agility and alertness.

8. All units shall practice and be prepared to march and manoeuvre with other elements of the CF at the standard cadences. However, two other traditional quick march cadences may be ordered by parade commanders of units parading alone or with others sharing these customs:

- a. for Scottish and other units parading with a pipe band, 110 paces per minute; and
- b. for light infantry (less Princess Patricia's Canadian Light Infantry, which drills as a line regiment) and rifle regiments, which have traditions of maintaining special agility and alertness on the battlefield, 140 paces per minute.

WORDS OF COMMAND

9. Except for certain commands used in sentry drill, all commands to commence marching are given when personnel are at the position of attention.

10. On the march, executive commands are given as the foot, specified in the following list, is forward and on the ground, unless otherwise directed:

| Word of Command | Foot |
|--|-------------|
| HALT except when marching in slow time, when the command will be given "on the right foot") | left |
| STEP OUT, or STEP SHORT | left |
| CHANGE TO QUICK (SLOW or DOUBLE) TIME | right |

- b. au pas ralenti, 60 pas à la minute; et
- c. au pas de gymnastique, 180 pas à la minute.

7. Au cours de l'entraînement des recrues, il est possible d'augmenter le pas cadencé jusqu'à 140 pas à la minute, pour favoriser l'agilité et la vivacité.

8. Toutes les unités doivent s'exercer, être prêtes à exécuter les mouvements et à marcher aux cadences réglementaires avec d'autres unités des FC. Cependant, les commandants dirigeant le rassemblement d'unités défilant seules ou avec d'autres unités partageant leurs coutumes peuvent donner le commandement visant l'exécution de deux autres cadences traditionnelles de pas cadencé :

- a. dans le cas des unités écossaises ou d'autres unités défilant avec des corps de cornemuseurs, 110 pas à la minute; et
- b. dans le cas des unités d'infanterie légère (à l'exception de la Princess Patricia's Canadian Light Infantry, qui exécute les mouvements comme un régiment de ligne) et des régiments de voltigeurs qui, selon la tradition, doivent conserver une agilité et une vivacité particulières sur le champ de bataille, 140 pas à la minute.

COMMANDEMENTS

9. À part certains commandements utilisés dans le cadre de l'exercice des sentinelles, tous les commandements visant un déplacement sont donnés quand les troupes sont à la position du garde-à-vous.

10. À moins d'indication contraire, la partie exécution d'un commandement donné pendant que les troupes sont en marche doit être donnée pendant que le pied mentionné ci-après est en avant, sur le sol :

| Commandement | Pied |
|--|-------------|
| HALTE (sauf au pas ralenti où le commandement sera donné « sur le pied droit ») | gauche |
| PAS ALLONGÉ, ou PAS RACCOURCI | gauche |
| CHANGEZ DE CADENCE, ou PAS CADENCÉ (RALENTI ou DE GYMNASTIQUE) | droit |

| Word of Command | Foot | Commandement | Pied |
|--|-------------|--|-------------|
| MARK TIME (when marching) | right | MARQUEZ LE PAS (en marchant) | droit |
| FORWARD | left | VERS L'AVANT | gauche |
| ABOUT TURN | right | DEMI-TOUR TOURNEZ | droit |
| RIGHT TURN, RIGHT INCLINE, RIGHT FORM, or ON THE RIGHT FORM SQUAD | left | À DROITE TOURNEZ, À DROITE OBLIQUEZ, À DROITE FORMEZ, ou VERS LA DROITE FORMEZ ESCOUADE | gauche |
| LEFT TURN, LEFT INCLINE, LEFT FORM, or ON THE LEFT FORM SQUAD | right | À GAUCHE TOURNEZ, À GAUCHE OBLIQUEZ, À GAUCHE FORMEZ, ou VERS LA GAUCHE FORMEZ ESCOUADE | droit |
| CHANGE STEP | right | CHANGEZ LE PAS | droit |
| SALUTE (on the march) | left | SALUEZ (en marchant) | gauche |
| EYES RIGHT, or EYES FRONT | left | TÊTE À DROITE, ou FIXE | gauche |
| FORM SINGLE FILE (on the march) | right | EN FILE INDIENNE (en marchant) | droit |
| REFORM RANKS FROM SINGLE FILE (on the march) | right | REFORMEZ LES RANGS (en marchant) | droit |
| Commands for arms movements on the march | left | Commandements s'appliquant aux mouvements avec armes (en marchant) | gauche |

11. As illustrated in Figure 3-1, unless the directing flank is changed for a special movement, it is always:

- a. when advancing in line, the right flank;
- b. when retiring in line, the left flank; and
- c. when in threes, the original front rank, i.e., when moving to the right flank, the dressing is by the left; when moving to the left flank, the dressing is by the right.

11. Comme l'illustre la figure 3-1, à moins que le flanc de direction ne soit changé dans le cadre d'un mouvement particulier, la direction des mouvements est toujours donnée par :

- a. le flanc droit, lorsque les membres de l'escouade s'avancent en ligne;
- b. le flanc gauche, lorsque les membres de l'escouade se déplacent vers l'arrière en ligne; et
- c. le rang avant, lorsque les militaires sont en colonnes par trois, c'est-à-dire que lorsqu'ils se déplacent vers le flanc droit, l'alignement se fait par la gauche et lorsqu'ils se déplacent vers le flanc gauche, l'alignement se fait par la droite.

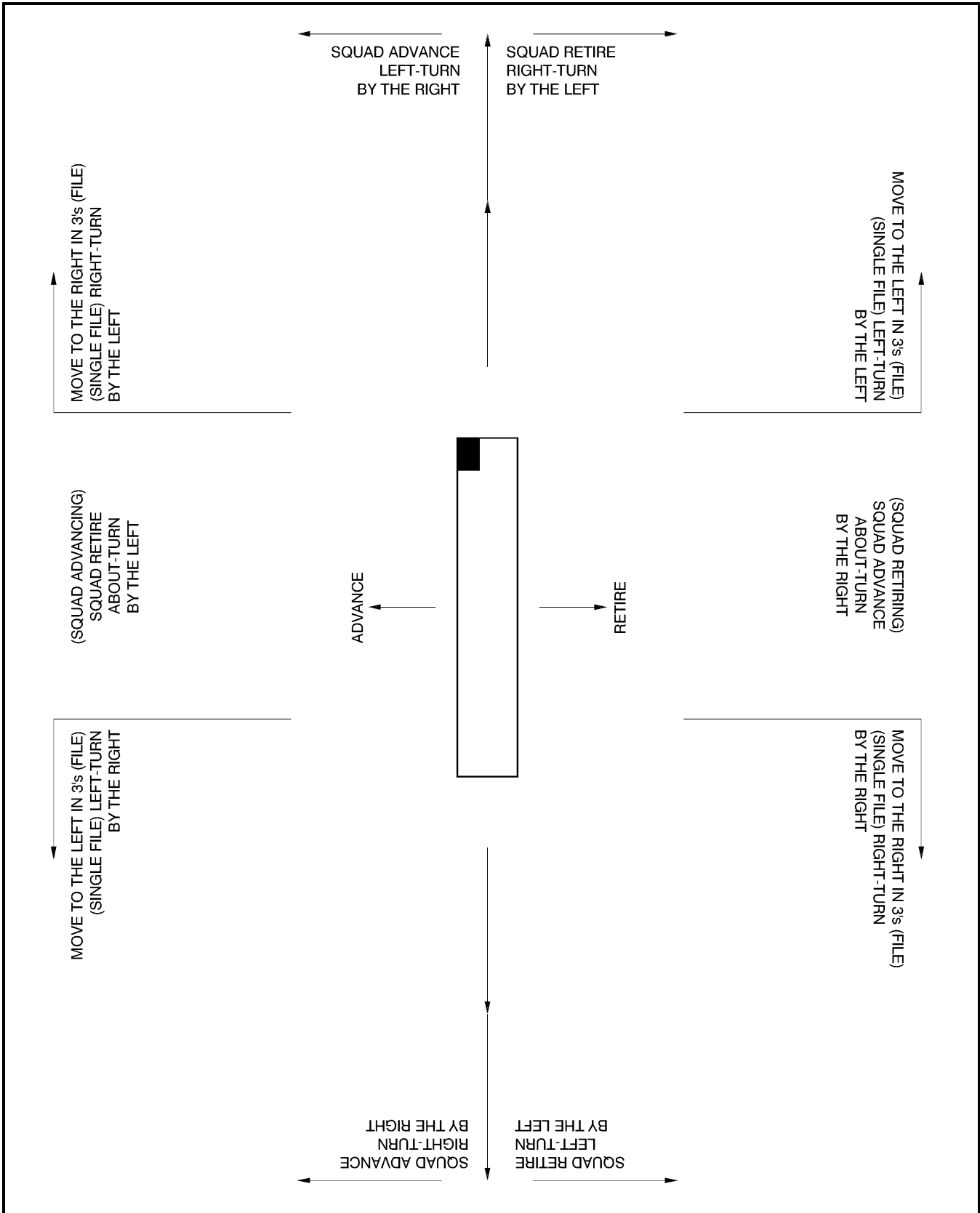


Figure 3-1 Advance/Retire and Directing Flanks

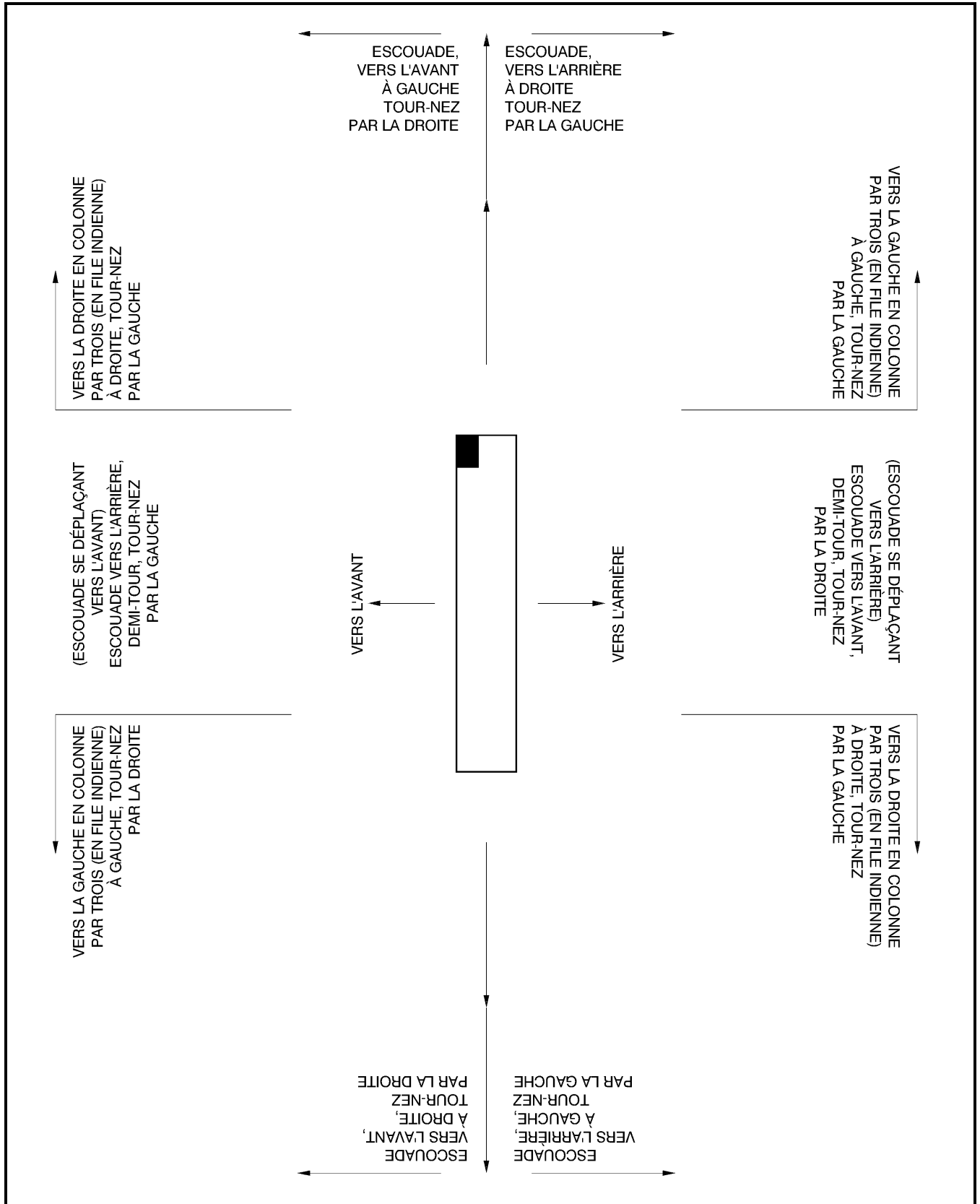


Figure 3-1 Vers l'avant/vers l'arrière et flancs de direction

MARCHING AND HALTING IN QUICK TIME

12. As illustrated in Figure 3-2, on the command QUICK MARCH BY NUMBERS, SQUAD – ONE, squad members shall:

- a. shoot the left foot forward one half pace, toe up;
- b. strike the heel on the ground first and keep the toe pointed directly forward; and
- c. simultaneously, swing the right arm straight forward and the left arm straight to the rear, waist high.

13. On the command SQUAD – TWO, squad members shall:

- a. continue marching with subsequent paces of standard length;

MARCHE ET HALTE AU PAS CADENCÉ

12. Comme l'illustre la figure 3-2, au commandement « EN DÉCOMPOSANT, PAS CADENCÉ, MARCHE, ESCOUADE — UN », les membres de l'escouade doivent :

- a. avancer le pied gauche en faisant un demi-pas et en soulevant la pointe du pied;
- b. poser d'abord le talon au sol, en gardant la pointe du pied directement vers l'avant; et
- c. en même temps, balancer le bras droit directement vers l'avant et le bras gauche vers l'arrière, à la hauteur de la taille.

13. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. continuer à marcher en faisant des pas de longueur réglementaire;

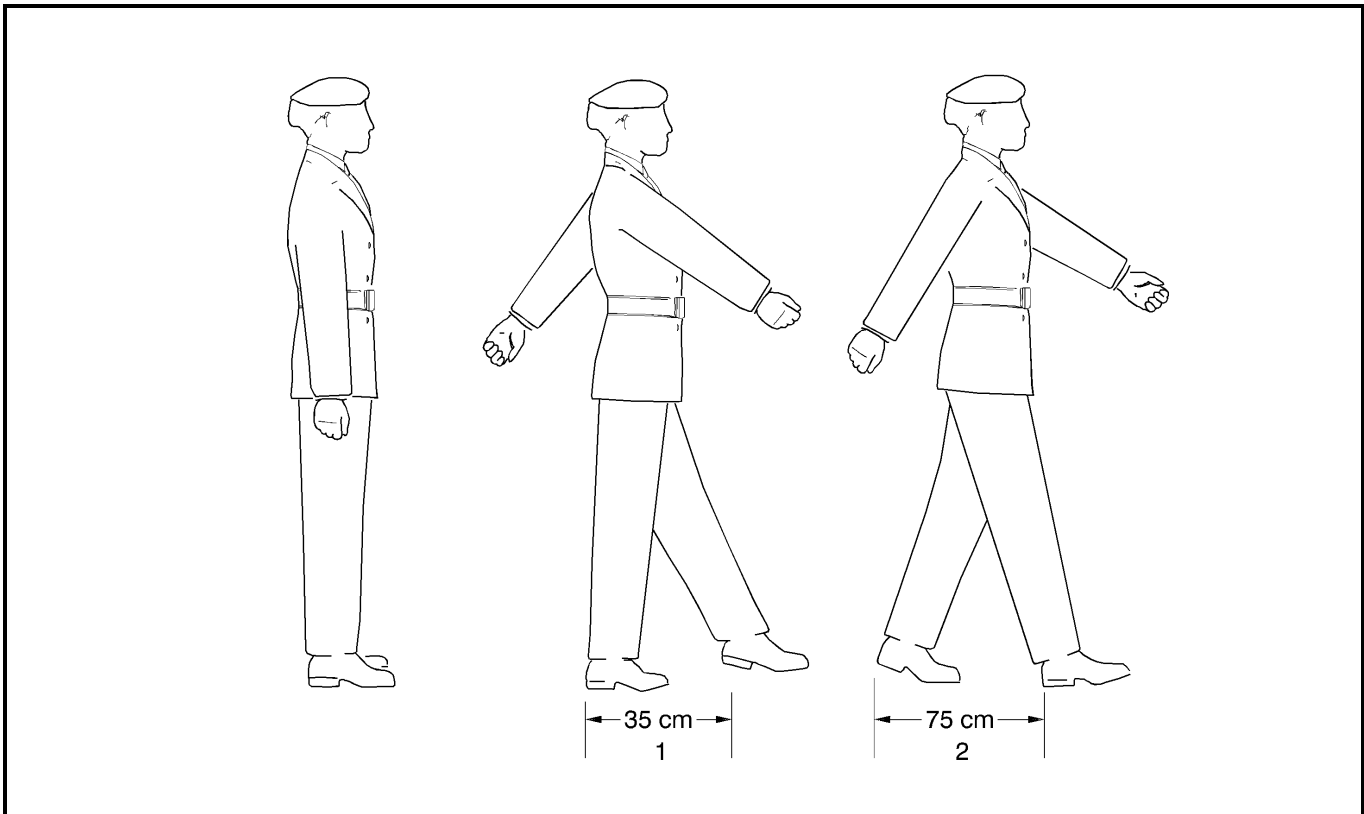


Figure 3-2 Marching in Quick Time
Figure 3-2 Marche au pas cadencé

- | | |
|---|---|
| <p>b. bring the legs forward successively in a straight line;</p> <p>c. swing the arms forward successively in a straight line from the shoulder, front to rear, with hands closed as in the position of attention; and</p> <p>d. maintain dressing by the directing flank.</p> <p>14. During basic training, recruits shall be directed to swing arms breast-pocket high in order to build agility. Commanding officers may continue this direction at their discretion.</p> <p>15. On the command QUICK – MARCH, the two movements are combined.</p> <p>16. As illustrated in Figure 3-3, on the command HALT BY NUMBERS, SQUAD – ONE given as the left foot is forward and on the ground, squad members shall:</p> <p>a. check the forward movement by placing the right foot flat on the ground naturally, using the heel as a brake; and</p> <p>b. swing the left arm forward and the right arm to the rear.</p> <p>17. On the command SQUAD – TWO, squad members shall:</p> <p>a. take a half pace with the left foot, placing it flat on the ground; and</p> <p>b. swing the right arm forward and the left to the rear.</p> <p>18. On the command SQUAD – THREE, squad members shall:</p> <p>a. bend the right knee, straightening it in double time; and</p> <p>b. simultaneously, cut the arms to the side as quickly as possible and assume the position of attention.</p> | <p>b. avancer les jambes alternativement en les déplaçant en ligne droite;</p> <p>c. balancer les bras alternativement vers l'avant en ligne droite, à partir de l'épaule, de l'avant vers l'arrière, en gardant les mains fermées comme dans la position du garde-à-vous; et</p> <p>d. garder l'alignement sur le flanc de direction.</p> <p>14. Au cours de l'instruction élémentaire des recrues, les commandants doivent ordonner aux recrues de balancer les bras jusqu'à la hauteur de la poche de poitrine afin de leur permettre d'acquérir de l'agilité. Les commandants peuvent ordonner aux recrues de continuer, même après leur instruction, si bon leur semble.</p> <p>15. Au commandement « PAS CADENCÉ — MARGE », les deux mouvements sont combinés.</p> <p>16. Comme l'illustre la figure 3-3, au commandement « EN DÉCOMPOSANT, HALTE, ESCOUADE — UN » donné lorsque le pied gauche est en avant et au sol, les membres de l'escouade doivent :</p> <p>a. retenir le mouvement vers l'avant en plaçant le pied droit à plat au sol, de façon naturelle, en utilisant le talon pour s'arrêter; et</p> <p>b. ramener le bras gauche vers l'avant et le bras droit vers l'arrière.</p> <p>17. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :</p> <p>a. faire un demi-pas avec le pied gauche et le placer à plat au sol; et</p> <p>b. ramener le bras droit vers l'avant et le bras gauche vers l'arrière.</p> <p>18. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent :</p> <p>a. fléchir le genou droit et le redresser à double temps; et</p> <p>b. en même temps, ramener les bras le long du corps le plus rapidement possible et adopter la position du garde-à-vous.</p> |
|---|---|

19. On the command SQUAD – HALT, the three movements are combined in quick time. The timing is called as “one, one-two”.

19. Au commandement « ESCOUADE — HALTE », les trois mouvements sont combinés au pas cadencé. La cadence est marquée en comptant « un, un-deux ».

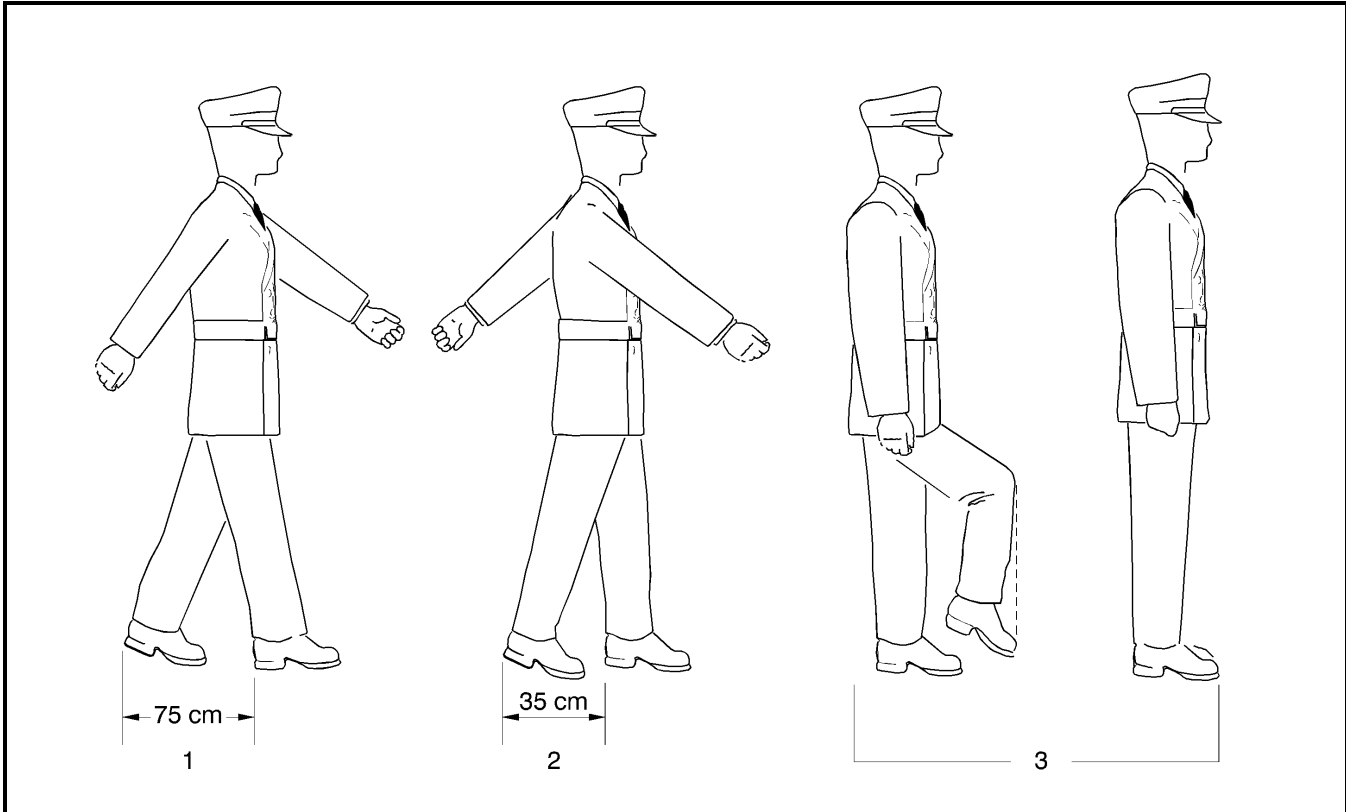


Figure 3-3 Halting in Quick Time
Figure 3-3 Halte au pas cadencé

20. The command QUICK – MARCH shall always be given to ensure that troops step off in time with a band or another body of troops which is already on the march. It is given on successive right feet of the group which is already moving, i.e., QUICK on the right foot of the marching troops and MARCH on the next right foot.

20. Le commandement « PAS CADENCÉ — MARCHÉ » doit toujours être donné pour s'assurer que les troupes se mettent en marche à la même cadence que la musique ou toutes autres troupes qui se déplacent en même temps qu'elles. Les deux temps du mouvement sont commandés sur le pied droit du groupe déjà en mouvement, c'est-à-dire « PAS CADENCÉ », sur le pied droit des troupes en marche et « MARCHÉ » lorsque le pied droit touche le sol la fois suivante.

21. The quick march is performed in a brisk and forceful manner. It may be desirable when marching long distances out of the general public eye to permit the troops to relax. If so, the commander may order MARCH AT – EASE. The cadence and pace length remain unchanged, but the troops may otherwise relax. The command to return to normal marching

21. Le pas cadencé doit être exécuté de façon alerte et énergique. Lorsque les troupes se déplacent sur de longues distances, sans la présence du public, il peut être permis aux troupes de se détendre. Dans ce cas, le commandant peut donner le commandement « MARCHER AU RE — POS ». La cadence et la longueur des pas demeurent

style is MARCH AT ATTENTION. Commanders shall not permit troops to march at ease in public parades, ceremonies or when entering or leaving barracks.

inchangées, mais les troupes peuvent tout de même exécuter les mouvements de façon décontractée. Pour que les troupes reprennent le style normal de leurs mouvements, il faut donner le commandement « MARCHER AU GARDE-À — VOUS ». Les commandants ne doivent pas permettre aux troupes d'adopter la marche au repos durant les rassemblements publics, les cérémonies ou lorsqu'elles entrent dans les casernes ou en sortent.

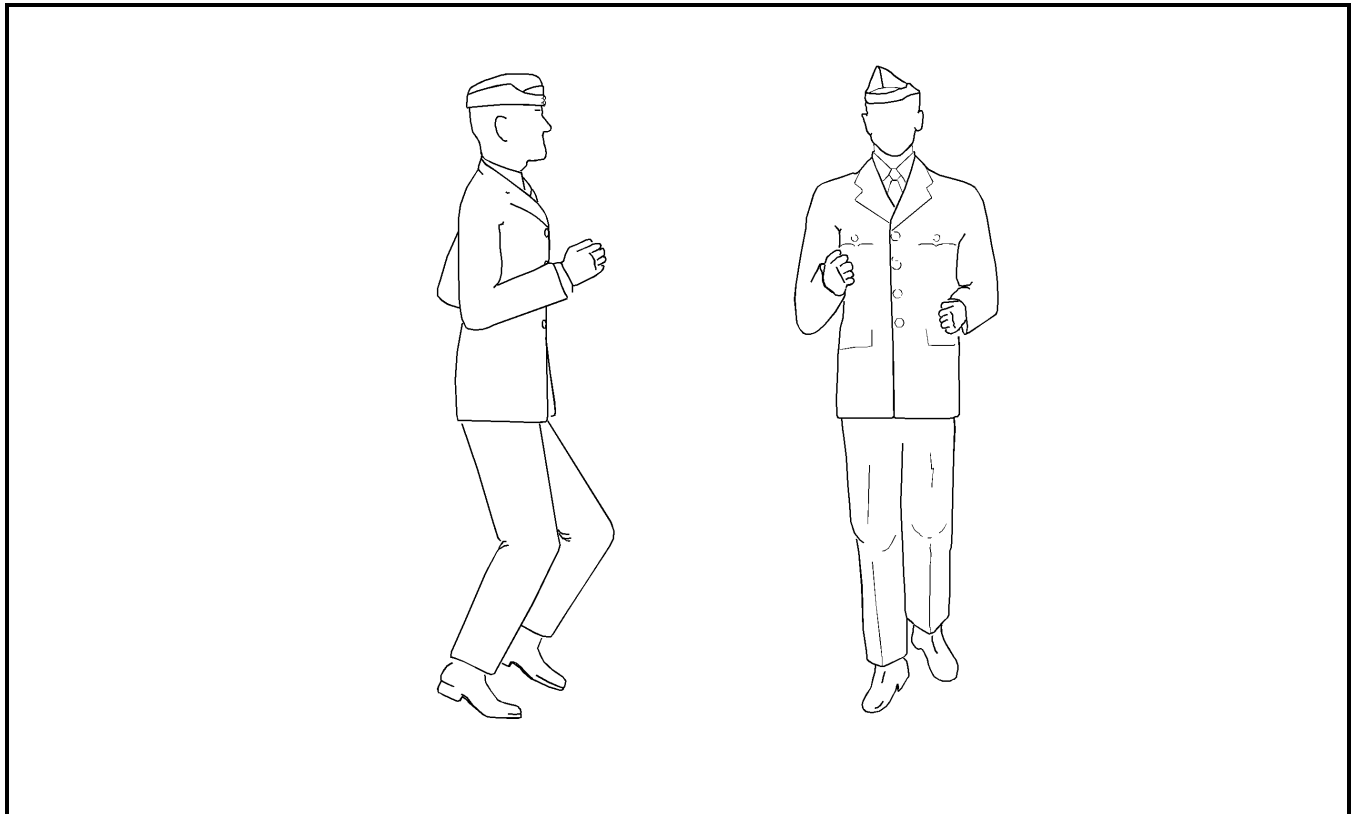


Figure 3-4 Marching in Double Time

Figure 3-4 Marche au pas de gymnastique

MARCHING AND HALTING IN DOUBLE TIME

22. As illustrated in Figure 3-4, on the command DOUBLE – MARCH, squad members shall:

- a. step off with the left foot and double on the balls of the feet with easy swinging strides, inclining the body slightly forward;
- b. raise the feet clear of the ground at each pace;

MARCHE ET HALTE AU PAS DE GYMNASTIQUE

22. Comme l'illustre la figure 3-4, au commandement « PAS DE GYMNASTIQUE — MARCHÉ », les membres de l'escouade doivent :

- a. partir du pied gauche et marcher sur la demi-pointe des pieds, en effectuant de longues enjambées et en restant décontractés tout en inclinant légèrement le corps vers l'avant;
- b. bien soulever le pied au-dessus du sol à chaque pas;

- c. bend the arms at the elbow and, with the hands closed, swing the arms naturally from the shoulder; and
- d. maintain dressing by the directing flank.

23. On the command SQUAD – HALT given as the left foot is forward and on the ground, squad members shall:

- a. complete two forward paces; and
- b. bring the right foot to the left after the second pace and simultaneously cut the arms to the sides and assume the position of attention.

24. It is normal to change into quick time before ordering HALT from double time.

MARCHING AND HALTING IN SLOW TIME

25. The slow march develops balance and good carriage and is traditionally part of CF ceremonial.

26. As illustrated in Figure 3-5, on the command SLOW – MARCH, squad members shall:

- a. Maintain the head and body erect and square to the front, arms steady at the sides, the neck firmly in the back of the collar.
- b. Shoot the left foot forward smoothly, with the toes just clear of the ground turned out slightly and pointing downwards. Then, without hesitation, complete a gliding half pace, with the ball of the left foot coming to the ground first. All subsequent paces are of standard length and accomplished in the same manner as above. There is no hesitation between the shooting and gliding motions.
- c. The leg that is forward is straightened as much as possible.

27. Until balance and coordination are achieved, the slow march may be taught initially by having the squad stroll along at a rate of 60 paces to the minute, arms held behind the back and with the toe pointed

- c. fléchir les bras aux coudes et, tout en gardant les mains fermées, balancer les bras d'un geste naturel à partir de l'épaule; et
- d. garder l'alignement sur le flanc de direction.

23. Au commandement « ESCOUADE — HALTE », donné au moment où le pied gauche est en avant et posé sur le sol, les membres de l'escouade doivent :

- a. faire deux autres pas vers l'avant; et
- b. ramener le pied droit vers le pied gauche après le deuxième pas et, en même temps, ramener les bras sur les côtés et adopter la position du garde-à-vous.

24. Il est normal de revenir au pas cadencé avant de donner l'ordre d'arrêter lorsque les troupes se déplacent au pas de gymnastique.

MARCHE ET HALTE AU PAS RALENTI

25. La marche au pas ralenti développe l'équilibre et la bonne posture et fait partie traditionnellement du cérémonial des FC.

26. Comme l'illustre la figure 3-5, au commandement « PAS RALENTI — MARCHÉ », les membres de l'escouade doivent :

- a. Garder la tête et le corps droits, face vers l'avant, les bras immobiles le long du corps et la tête bien droite appuyée contre le col.
- b. Avancer rapidement le pied gauche, la pointe du pied légèrement au-dessus du sol et légèrement tournée vers l'extérieur et dirigée vers le sol. En rasant le sol, effectuer sans hésiter un demi-pas en posant la demi-pointe du pied gauche au sol la première. Tous les autres pas doivent être de longueur réglementaire et effectués de la façon décrite ci-dessus. Il ne doit y avoir aucune hésitation entre le moment où la personne avance le pied et rase le sol.
- c. La jambe qui est en avant doit rester aussi droite que possible.

27. Jusqu'à ce qu'ils aient atteint l'équilibre et la coordination voulus, les membres de l'escouade doivent apprendre comment marcher au pas ralenti en se déplaçant à une cadence de 60 pas à

down, making sure consecutive movements of the feet are smooth and without hesitation. After further practice, the arms shall be held at the sides until the slow march is perfected.

la minute, les bras derrière le dos et la pointe des pieds tendue vers le sol, en s'assurant que les mouvements successifs des pieds sont exécutés sans heurt et sans hésitation. Après un certain temps, les membres de l'escouade doivent garder les bras immobiles le long du corps jusqu'à ce qu'ils exécutent correctement le pas ralenti.

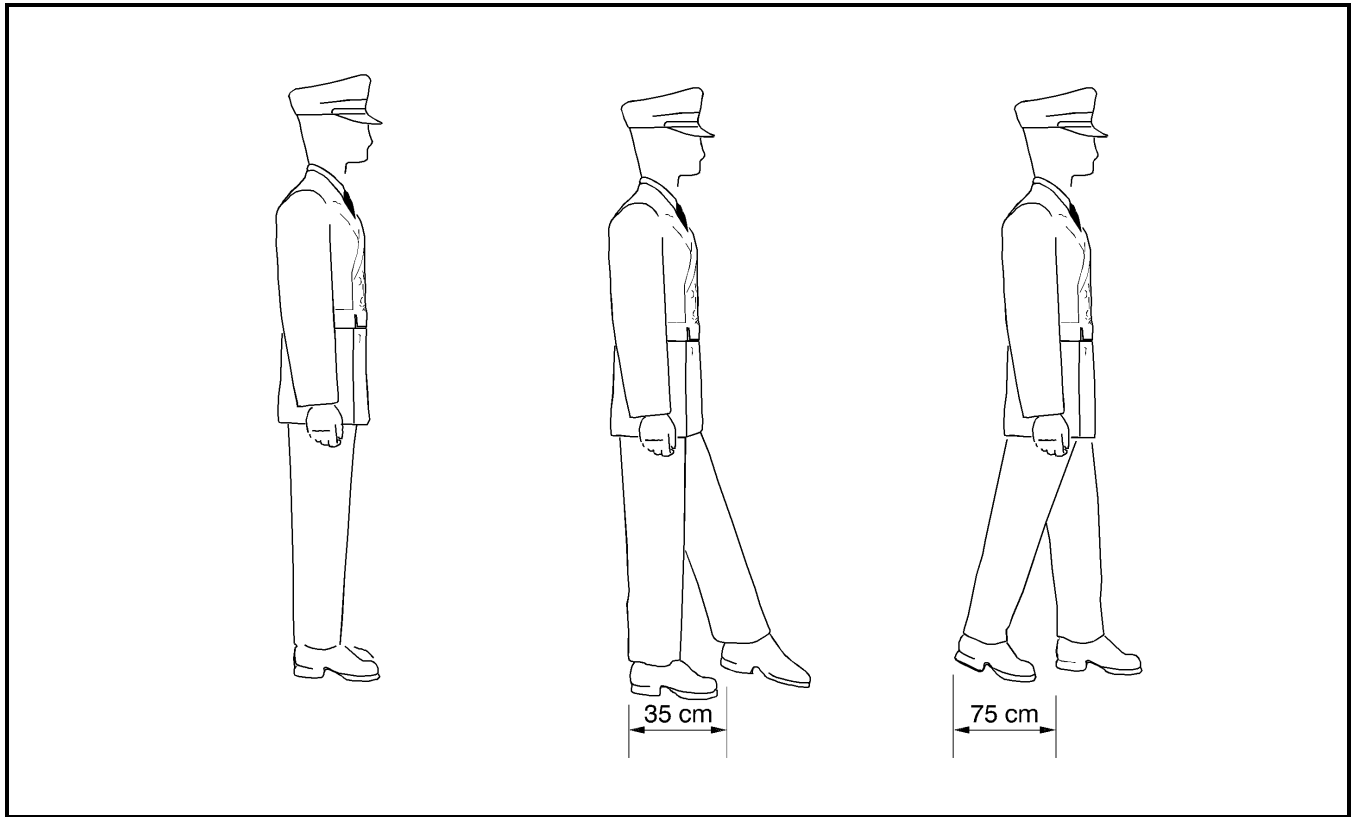


Figure 3-5 Marching in Slow Time
Figure 3-5 Marche au pas ralenti

28. As illustrated in Figure 3-6, on the command SQUAD HALT BY NUMBERS, SQUAD – ONE, given as the right foot is forward and on the ground, squad members shall take a further half pace with the left foot in slow time.

28. Comme l'illustre la figure 3-6, au commandement « EN DÉCOMPOSANT, ESCOUADE HALTE, ESCOUADE — UN » donné alors que le pied droit est devant et au sol, faire encore un demi-pas du pied gauche, au ralenti.

29. On the command SQUAD – TWO, squad members shall bend the right knee and bring the right foot forward in quick time and assume the position of attention.

29. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent fléchir le genou droit et porter le pied droit vers l'avant au pas cadencé, puis reprendre la position du garde-à-vous.

30. On the command SQUAD – HALT, the two movements are combined. The timing is counted as "one-two".

30. Au commandement « ESCOUADE — HALTE » les deux mouvements sont combinés. La mesure se compte « un-deux ».

31. The slow march is tiring over long distances and is therefore only used during the most important

31. La marche au pas ralenti est fatigante sur de longues distances; il faut donc la réserver aux

parts of ceremonies. During some funerals the circumstances may require marching in slow time for long distances without the normal change to quick time. The commander may then order FUNERAL – PACE. Cadence, pace and body posture remain unchanged, but the troops may change the formal gliding motion of the feet to a more relaxed walking motion. Care must be taken to keep ankles relaxed and avoid pointing toes up. Formal foot motion is resumed on the command ATTEN – TION.

parties les plus importantes des cérémonies. Au cours de certaines funérailles, les circonstances peuvent obliger les militaires à se déplacer au pas ralenti sur de longues distances sans revenir au pas cadencé normal. Le commandant peut alors donner l'ordre de marcher au « PAS FU — NÈBRE ». La cadence, la longueur des pas et la posture du corps restent inchangées, mais les troupes peuvent adopter un pas de marche assez décontracté plutôt que de continuellement glisser les pieds. Il faut que les chevilles soient décontractées et que les pieds soient pointés en direction du sol. Au commandement « GARDE-À — VOUS », les membres de l'escouade doivent reprendre le rythme de marche officiel.

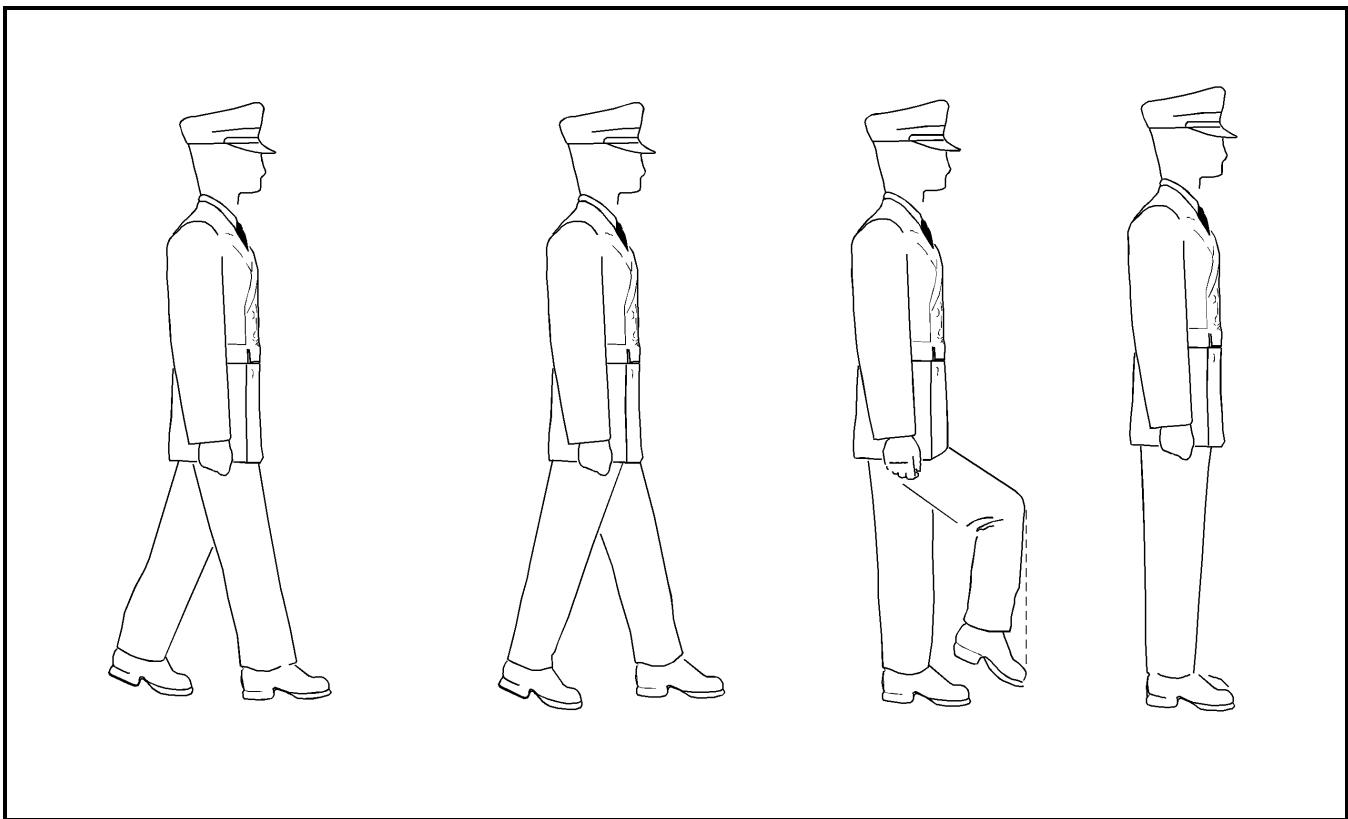


Figure 3-6 Halting in Slow Time
 Figure 3-6 Halte au pas ralenti

STEPPING OUT AND STEPPING SHORT

32. Stepping out is used to increase the distance to be covered without altering the cadence, and stepping short to decrease the distance to be covered without altering the cadence.

PAS ALLONGÉ ET PAS RACCOURCI

32. On utilise le pas allongé lorsqu'on désire augmenter la distance à parcourir sans changer la cadence et on utilise le pas raccourci lorsqu'on veut diminuer la distance à parcourir sans changer la cadence.

33. On the command STEP – OUT given as the left foot is forward and on the ground:

- a. the pace shall be lengthened by about 10 cm on the next left foot; and
- b. the squad shall continue to step out until the command QUICK – MARCH is ordered.

34. On the command QUICK – MARCH given as the left foot is forward and on the ground, the pace will be shortened to the normal length on the next left foot.

35. On the command STEP – SHORT given as the left foot is forward and on the ground:

- a. the pace shall be shortened by about 20 cm on the next left foot; and
- b. the squad shall continue to step short until the command QUICK – MARCH is ordered.

36. On the command QUICK – MARCH given as the left foot is forward and on the ground, the pace will be lengthened to the normal length on the next left foot.

MARK TIME, FORWARD AND HALT IN SLOW TIME

37. As illustrated in Figure 3-7, marking time is carried out at the same cadence as for marching. Only the legs are moved and the upper portion of the body remains in the position of attention with arms at the side.

38. On the command MARK TIME BY NUMBERS, SQUAD – ONE given as the right foot is forward on the ground, squad members shall:

- a. take a half pace with the left foot, placing the foot flat on the ground naturally; and

33. Au commandement « PAS ALLONGÉ — MARCHÉ », donné au moment où le pied gauche est en avant et au sol :

- a. on doit allonger le pas d'environ 10 cm lorsque le pied gauche est lancé en avant la fois suivante; et
- b. les membres de l'escouade doivent continuer à se déplacer au pas allongé jusqu'à ce que le commandement « PAS CADENCÉ — MARCHÉ » soit donné.

34. Au commandement « PAS CADENCÉ — MARCHÉ », donné lorsque le pied gauche est en avant et au sol, on raccourcit le pas à la longueur normale lorsque le pied gauche est lancé en avant la fois suivante.

35. Au commandement « PAS RACCOURCI — MARCHÉ » donné lorsque le pied gauche est en avant et au sol :

- a. il faut raccourcir le pas d'environ 20 cm lorsque le pied gauche est lancé en avant la fois suivante; et
- b. les membres de l'escouade doivent continuer à se déplacer au pas raccourci jusqu'à ce que le commandement « PAS CADENCÉ — MARCHÉ » soit donné.

36. Au commandement « PAS CADENCÉ — MARCHÉ », donné lorsque le pied gauche est en avant et au sol, il faut allonger le pas jusqu'à la longueur normale lorsque le pied gauche est lancé en avant la fois suivante.

FAÇON DE MARQUER LE PAS, D'AVANCER ET DE S'ARRÊTER AU PAS RALENTI

37. Comme l'illustre la figure 3-7, la cadence est la même lorsqu'on marque le pas et lorsqu'on marche. Seules les jambes se déplacent, la partie supérieure du corps demeurant à la position du garde-à-vous, les bras étant immobiles le long du corps.

38. Au commandement « EN DÉCOMPOSANT, MARQUEZ LE PAS ESCOUADE — UN », donné lorsque le pied droit est en avant et au sol, les membres de l'escouade doivent :

- a. faire un demi-pas du pied gauche et poser le pied à plat sur le sol, de façon naturelle; et

- b. maintaining the same cadence, bring the right foot into the left in a straight leg manner, not scraping the ground, and assume the position of attention.
39. On the command SQUAD – TWO, squad members shall:
- a. bend the left knee so that the thigh is parallel to the ground and the foot at a natural angle;
 - b. place the toe on the ground before the heel as the leg is lowered; and
 - c. continue to mark time until the command FOR – WARD or HALT is given.
 - d. avoid stamping feet.
40. On the command MARK – TIME, the two movements are combined.
41. The timing is:
- Count: LEFT – IN – LEFT – RIGHT – LEFT
- Foot: LEFT – RIGHT – LEFT – RIGHT – LEFT
42. On the command FOR – WARD given as the left foot is on the ground, squad members shall:
- a. maintaining the same cadence, straighten the right leg and assume the position of attention; and
 - b. shoot the left foot forward in a half pace, with the toe just clear of the ground, and continue marching in slow time.
43. On the command SQUAD – HALT given as the left foot is on the ground, squad members shall straighten the right leg in quick time and assume the position of attention.
44. The timing for the halt is counted as one in quick time.
- b. en conservant la même cadence, ramener le pied droit vers le pied gauche sans fléchir la jambe et sans toucher le sol, et adopter la position du garde-à-vous.
39. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :
- a. fléchir le genou gauche de façon à ce que la cuisse soit parallèle au sol, le pied demeurant à un angle naturel;
 - b. poser la pointe du pied au sol avant le talon au moment où la jambe est abaissée; et
 - c. continuer à marquer le pas jusqu'à ce que le commandement « VERS L'A — VANT » ou « HALTE » soit donné.
 - d. évitez tout piétinement.
40. Au commandement « MARQUEZ LE — PAS », les deux mouvements sont combinés.
41. La cadence est la suivante :
- Mesure : GAUCHE — RAMENÉ — GAUCHE — DROITE — GAUCHE
- Pieds : GAUCHE — DROITE — GAUCHE — DROITE — GAUCHE
42. Au commandement « VERS L'A – VANT », donné lorsque le pied gauche est au sol, les membres de l'escouade doivent :
- a. en conservant la même cadence, redresser la jambe droite et adopter la position du garde-à-vous; et
 - b. lancer le pied gauche vers l'avant en faisant un demi-pas, tout en rasant le sol de la pointe du pied, et continuer à marcher au pas ralenti.
43. Au commandement « ESCOUADE — HALTE », donné lorsque le pied gauche est au sol, les membres de l'escouade doivent redresser la jambe droite au rythme du pas cadencé et adopter la position du garde-à-vous.
44. La cadence pour s'arrêter est la même qu'au pas cadencé.

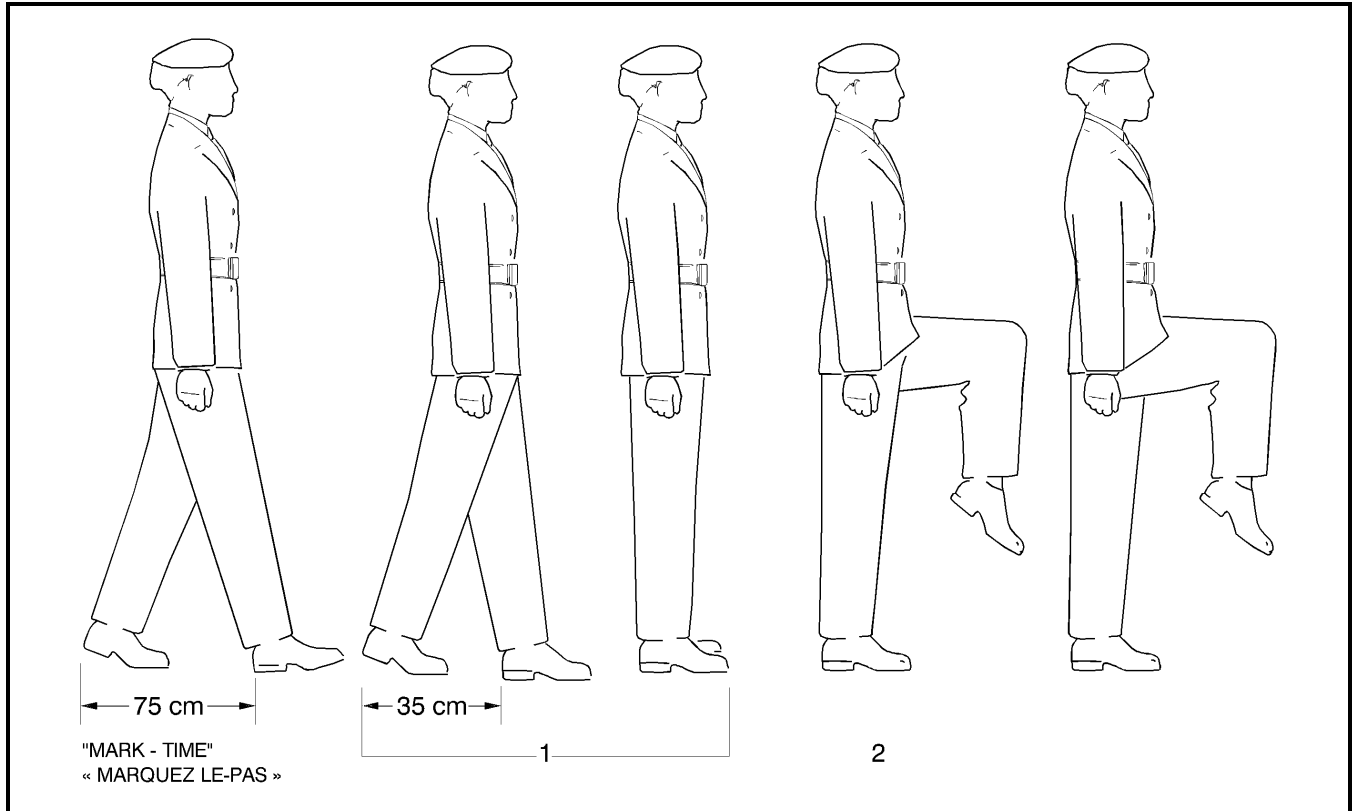


Figure 3-7 Marking Time in Slow Time

Figure 3-7 Façon de marquer le pas au pas ralenti

45. To mark time from the halt the command shall be, SLOW MARK – TIME.

45. Pour marquer le pas à partir de la halte, il faut donner le commandement « PAS RALENTI, MARQUEZ LE — PAS ».

MARK TIME, FORWARD AND HALT IN QUICK TIME

FAÇON DE MARQUER LE PAS, D'AVANCER ET DE S'ARRÊTER AU PAS CADENCÉ

46. Marking time in quick time is carried out at the same cadence as for marching (Figure 3-8).

46. La cadence est la même lorsqu'on marque le pas et lorsqu'on marche (figure 3-8).

47. On the command MARK TIME BY NUMBERS, SQUAD – ONE given as the right foot is on the ground, squad members shall:

47. Au commandement « EN DÉCOMPOSANT, MARQUEZ LE PAS, ESCOUADE — UN », donné lorsque le pied droit est en avant et au sol, les membres de l'escouade doivent :

- a. take a half pace with the left foot, placing the foot flat on the ground naturally;
- b. bring the right foot into the left in a straight leg manner, not scraping the ground;
- c. simultaneously, cut the arms to the sides and assume the position of attention; and
- d. maintain the same cadence.

- a. faire un demi-pas du pied gauche et poser le pied à plat sur le sol, de façon naturelle;
- b. ramener le pied droit vers le pied gauche sans fléchir la jambe et sans toucher le sol, et adopter la position du garde-à-vous;
- c. en même temps, abaisser les bras et les ramener le long du corps et adopter la position du garde-à-vous; et
- d. conserver la même cadence.

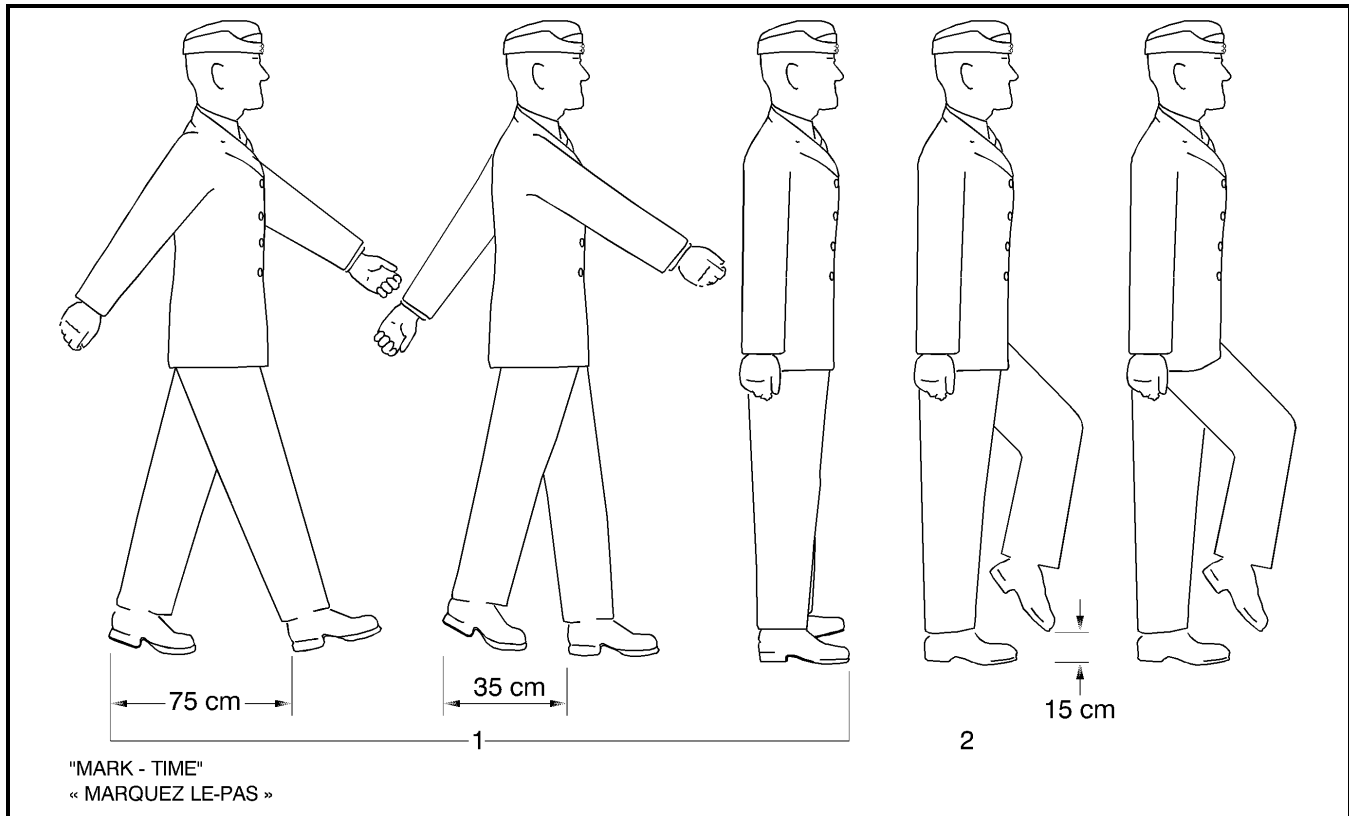


Figure 3-8 Marking Time in Quick Time
 Figure 3-8 Façon de marquer le pas au pas cadencé

48. On the command SQUAD – TWO, squad members shall:

- a. bend the left knee;
- b. place the toe on the ground before the heel as the leg is lowered; and
- c. continue to mark time until the command FOR – WARD or HALT is given.

49. On the command MARK – TIME, the two movements are combined.

50. The timing is:

Count: LEFT – IN – LEFT – RIGHT – LEFT

Foot: LEFT – RIGHT – LEFT – RIGHT – LEFT

51. On the command FOR – WARD given as the left foot is on the ground, squad members shall:

48. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. fléchir le genou gauche;
- b. poser la pointe du pied au sol avant le talon au moment où la jambe est abaissée; et
- c. continuer à marquer le pas jusqu'à ce que le commandement « VERS L'A — VANT » ou « HALTE » soit donné.

49. Au commandement « MARQUEZ LE — PAS », les deux mouvements sont combinés.

50. La cadence est la suivante :

Mesure : GAUCHE — RAMENÉ — GAUCHE — DROITE — GAUCHE

Pieds : GAUCHE — DROITE — GAUCHE — DROITE — GAUCHE

51. Au commandement « VERS L'A — VANT », donné lorsque le pied gauche est au sol, les membres de l'escouade doivent :

- a. straighten the right leg and assume the position of attention;
- b. shoot the left foot forward in a half pace; and
- c. continue marching in quick time, swinging the right arm forward and the left to the rear.

52. On the command SQUAD – HALT given as the left foot is on the ground, squad members shall:

- a. take a further mark time pace with the right foot;
- b. take a further mark time pace with the left foot; and
- c. straighten the right leg in double time and assume the position of attention.

53. The timing for the halt is counted “one, one-two”.

54. To mark time from the halt the command shall be, QUICK MARK – TIME.

WHEELS

55. As illustrated in Figure 3-9, on the command RIGHT (LEFT) – WHEEL, the leading file of threes wheels around one quarter of the circumference of a circle having a radius of 1.25 m, changing direction by 90 degrees.

56. The inner rank shall step short, the center rank shall maintain the length of pace and the outside rank shall step out, without altering the cadence, to enable the file to wheel in line.

57. Dressing is maintained by the inner flank while wheeling. The head will be kept to the front.

58. When the leading file has wheeled 90 degrees, it shall march in the new direction, resuming the normal pace. On completion of the

- a. redresser la jambe droite et adopter la position du garde-à-vous;
- b. lancer le pied gauche vers l'avant en faisant un demi-pas; et
- c. continuer à marcher au pas cadencé en balançant le bras droit vers l'avant et le bras gauche vers l'arrière.

52. Au commandement « ESCOUADE — HALTE », donné lorsque le pied gauche est au sol, les membres de l'escouade doivent :

- a. marquer le pas une fois de plus avec le pied droit;
- b. marquer le pas une fois de plus avec le pied gauche; et
- c. redresser la jambe droite au rythme du double temps et adopter la position du garde-à-vous.

53. La cadence pour s'arrêter se calcule comme suit : « un, un-deux ».

54. Pour marquer le pas à partir de la halte, on donne le commandement « PAS CADENCÉ, MARQUEZ LE — PAS ».

CONVERSION

55. Comme l'illustre la figure 3-9, au commandement « VERS LA DROITE (GAUCHE) — DROITE (GAUCHE) », les trois rangs de la file de tête effectuent un mouvement de rotation équivalent au quart de la circonférence d'un cercle de 1.25 m de rayon, réalisant ainsi un changement de direction de 90 degrés.

56. Les personnes du flanc intérieur raccourcissent le pas tandis que les personnes du flanc extérieur allongent le pas, sans changer la cadence, de façon à permettre à la file de changer de direction en ligne.

57. L'alignement est conservé par le flanc intérieur au moment de la conversion. La tête doit rester bien droite.

58. Après avoir effectué une conversion de 90 degrés, la file de tête avance dans la nouvelle direction et reprend une longueur de pas normale.

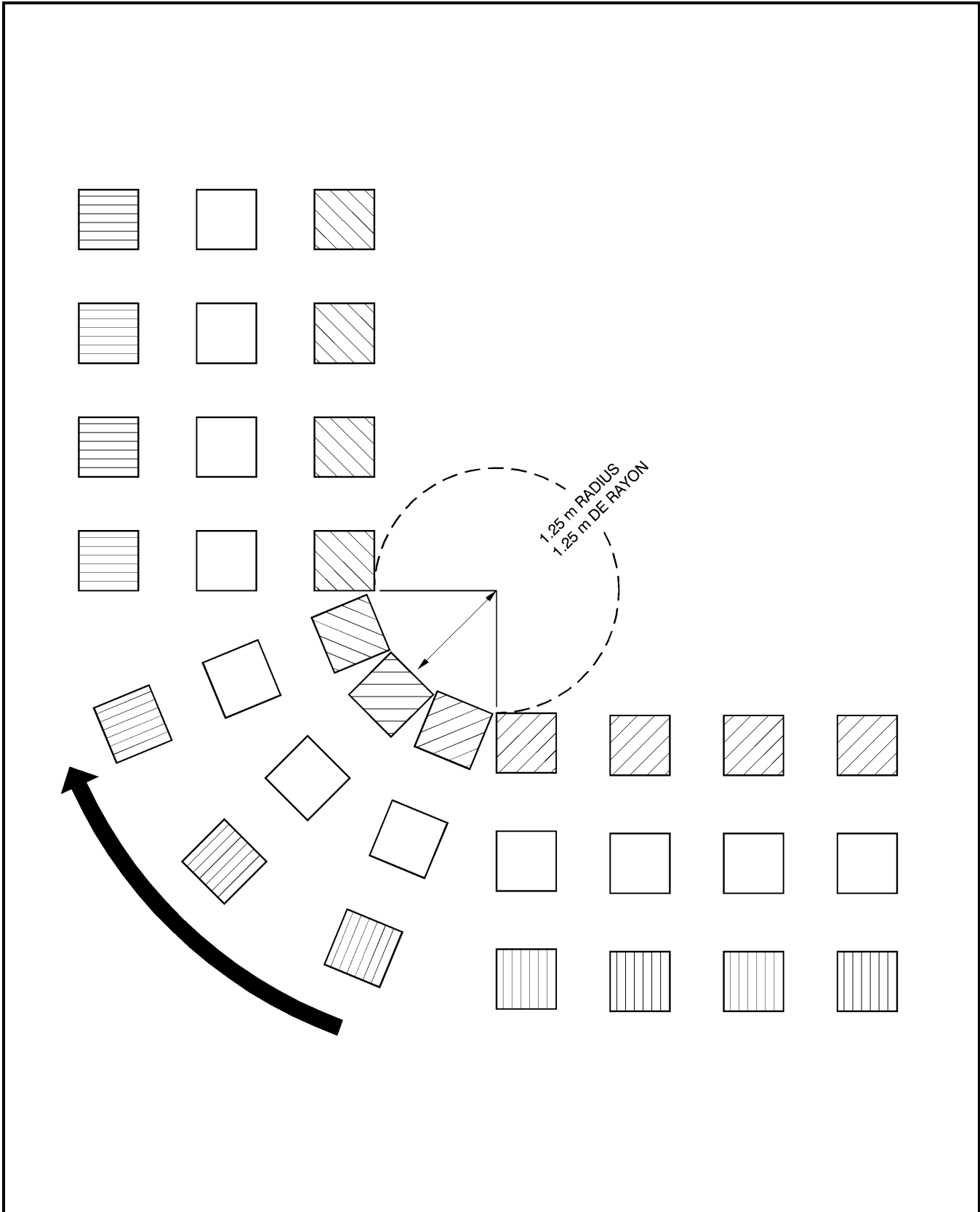


Figure 3-9 Wheeling
Figure 3-9 Conversion

wheel, the directing flank shall be confirmed or indicated by order, BY THE RIGHT (LEFT), normally maintaining the directing flank noted in paragraph 11.

59. The remaining files shall follow the lead file, wheeling at exactly the same point.

60. If the squad is ordered to halt or mark time, and only part of the squad has completed the wheel, the squad shall remain in this position unless the command REAR FILES – COVER is ordered. On the command REAR FILES – COVER, by taking short quick paces with the left foot first, the files at the rear cover off the files that are facing the new direction.

61. When it is desired to wheel less than an angle of 90 degrees, the command FOR – WARD is ordered when the leading file is facing the required direction.

CHANGE STEP ON THE MARCH

62. In slow time, on the command CHANGE STEP BY NUMBERS, SQUAD – ONE given as the right foot is forward and on the ground, squad members shall:

- a. complete a half pace with the left foot;
- b. force the weight forward on the left foot; and
- c. raise the right heel off the ground.

63. On the command SQUAD – TWO, squad members shall:

- a. bring the right foot forward in quick time by bending the right knee;
- b. straighten the right leg in quick time and place the right foot smartly beside the left; and
- c. as the right foot strikes the ground, shoot the left foot forward in a half pace just above the ground with the toe pointed down as in slow time.

Lorsque le mouvement de conversion est complété, le flanc de direction est confirmé ou indiqué lorsqu'est donné l'ordre « PAR LA DROITE (GAUCHE) ». On conserve habituellement le flanc de direction indiqué au paragraphe 11.

59. Les autres files suivent la file de tête et exécutent le mouvement de conversion exactement au même endroit.

60. Si l'escouade reçoit l'ordre de s'arrêter ou de marquer le pas et lorsqu'une partie de celle-ci seulement a complété le mouvement de conversion, l'escouade demeure dans cette position à moins que le commandement « FILES ARRIÈRE, COUVREZ » ne soit donné. Au commandement « FILES ARRIÈRE, COUVREZ », les files arrière vont prendre position et s'alignent sur celles qui font face à la nouvelle direction en faisant de petits pas rapides, en partant du pied gauche.

61. Si l'on désire que le mouvement de conversion soit de moins de 90 degrés, le commandement « VERS L'A — VANT » doit être donné au moment où la file de tête fait face à la direction voulue.

CHANGEMENT DE PAS EN MARCHANT

62. Au pas ralenti, au commandement « EN DÉCOMPOSANT, CHANGEZ LE PAS, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent :

- a. faire un demi-pas du pied gauche;
- b. porter le poids du corps vers l'avant sur le pied gauche; et
- c. soulever le talon droit du sol.

63. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. ramener le pied droit vers l'avant à la cadence du pas cadencé en fléchissant le genou droit;
- b. redresser la jambe droite à la cadence du pas cadencé et placer le pied droit vivement à côté du pied gauche; et
- c. au moment où le pied droit touche le sol, lancer le pied gauche vers l'avant en faisant un demi-pas tout en rasant le sol de la pointe du pied comme pour le pas ralenti.

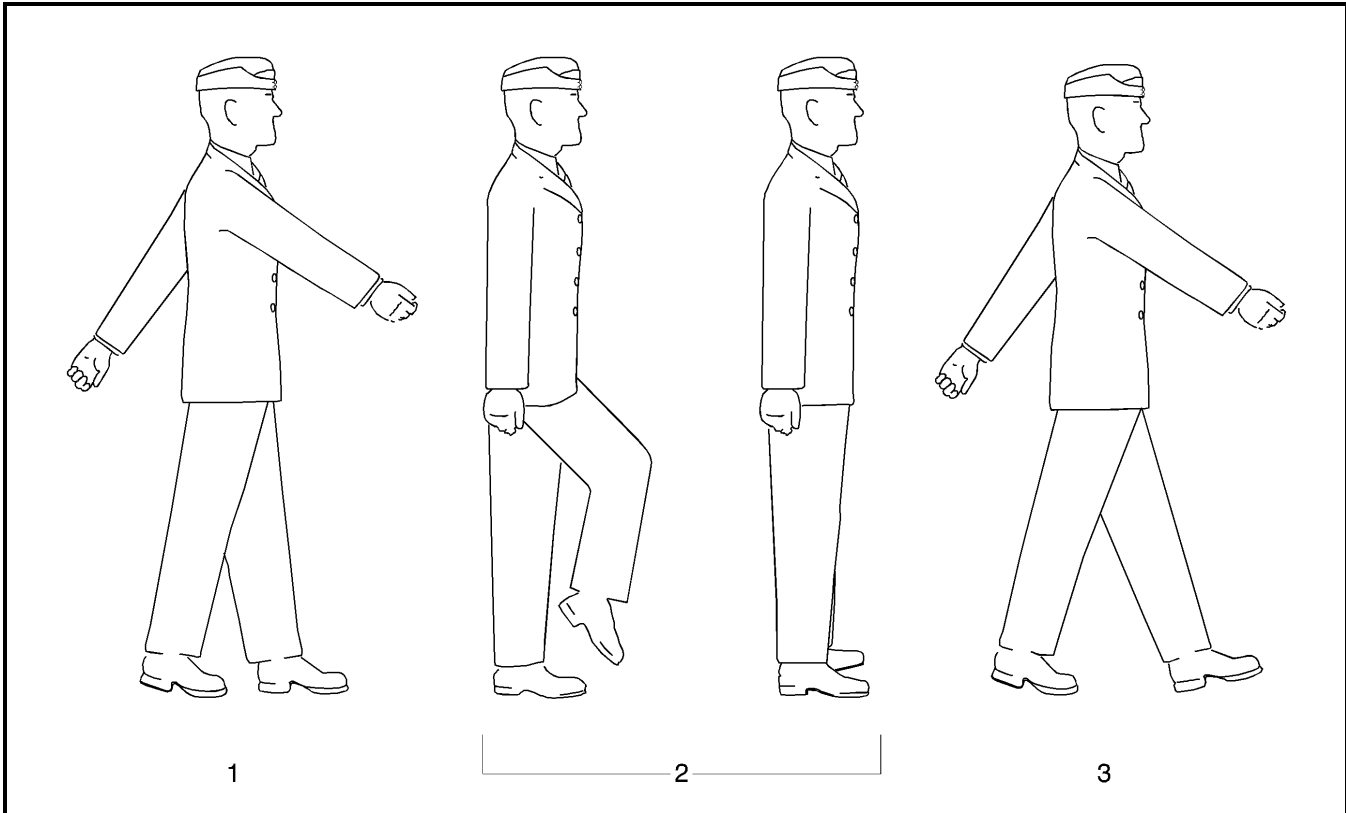


Figure 3-10 Change Step on the March in Quick Time
 Figure 3-10 Changement de pas en marchant au pas cadencé

64. On the command SQUAD – THREE, squad members shall complete the glide pace with the left foot and carry on slow marching.

65. On the command CHANGE – STEP, the three movements are combined. The timing is counted as “left, right, left” in quick time, thus maintaining slow march cadence while changing the step.

66. In quick time (Figure 3-10), on the command CHANGE STEP BY NUMBERS SQUAD – ONE given as the right foot is forward and on the ground, squad members shall:

- a. complete a half pace with the left foot;
- b. swing the right arm forward;
- c. swing the left arm to the rear;
- d. force the weight forward on the left foot; and
- e. raise the right heel off the ground.

64. Au commandement « ESCOUADE — TROIS », les membres de l’escouade doivent compléter le pas rasant avec le pied gauche et continuer à marcher au pas ralenti.

65. Au commandement « CHANGEZ LE — PAS », les trois mouvements sont combinés. La cadence se calcule comme pour le pas cadencé « gauche, droite, gauche ». Les membres de l’escouade continuent au pas ralenti pendant qu’ils changent de pas.

66. Au pas cadencé (figure 3-10), au commandement « EN DÉCOMPOSANT, CHANGEZ LE PAS, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol, les membres de l’escouade doivent :

- a. faire un demi-pas du pied gauche;
- b. balancer le bras droit vers l’avant;
- c. balancer le bras gauche vers l’arrière;
- d. porter le poids du corps vers l’avant sur le pied gauche; et
- e. soulever le talon droit du sol.

67. On the command SQUAD – TWO, squad members shall:

- a. cut the arms to the side as in the position of attention;
- b. bring the right foot forward in double time by bending the right knee;
- c. straighten the right leg in double time and place the right foot smartly beside the left; and
- d. as the right foot strikes the ground, shoot the left foot forward in a half pace, landing on the heel with the toe up.

68. On the command SQUAD – THREE, squad members shall:

- a. swing the right arm forward;
- b. swing the left arm to the rear; and
- c. continue marching in quick time.

69. On the command CHANGE – STEP, the three movements are combined. The timing is counted, as “left, right, left” in double time, thus maintaining quick mark cadence.

CHANGE STEP WHEN MARKING TIME

70. In slow time or quick time, on the command CHANGE – STEP given as the right foot is on the ground, squad members shall:

- a. take two successive mark time paces with the left foot; and
- b. continue marking time.

71. The timing is counted as “left, left-right” in the same cadence as marking time.

67. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. ramener les bras le long du corps comme pour la position du garde-à-vous;
- b. ramener le pied droit vers l'avant à la cadence du double temps en fléchissant le genou droit;
- c. redresser la jambe droite à la cadence du pas de gymnastique et placer le pied droit vivement à côté du pied gauche; et
- d. au moment où le pied droit touche le sol, lancer le pied gauche vers l'avant en faisant un demi-pas et en touchant le sol d'abord avec le talon, la pointe du pied soulevée.

68. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent :

- a. balancer le bras droit vers l'avant;
- b. balancer le bras gauche vers l'arrière; et
- c. continuer à marcher au pas cadencé.

69. Au commandement « CHANGEZ LE — PAS », les trois mouvements sont combinés. La cadence se calcule comme pour le pas de gymnastique « gauche, droite, gauche ». Les membres de l'escouade continuent de marcher au pas cadencé.

CHANGEMENT DE PAS LORSQU'ON MARQUE LE PAS

70. Au pas ralenti ou au pas cadencé, au commandement « CHANGEZ LE — PAS », donné au moment où le pied droit est au sol, les membres de l'escouade doivent :

- a. faire deux pas successifs du pied gauche, en marquant le pas; et
- b. continuer à marquer le pas.

71. La cadence se calcule comme pour le « gauche, gauche-droite » de la cadence à laquelle on marque le pas.

FORM HOLLOW SQUARE

72. The squad shall be in line in three ranks prior to forming hollow square (Figure 3-11).

73. On the command FORM HOLLOW SQUARE, CENTRE RANK RIGHT, REAR RANK LEFT – TURN, the squad acts as ordered.

74. On the command CENTRE RANK LEFT WHEEL, REAR RANK RIGHT WHEEL, QUICK – MARCH, the squad acts as ordered.

75. The command MARK – TIME shall be given when the rear individuals of the centre and rear ranks are one pace in front of the front rank.

76. On the command SQUAD – HALT, the squad acts as ordered.

77. On the command CENTRE RANK LEFT, REAR RANK RIGHT – TURN, the squad acts as ordered.

78. The reverse procedure is used to reform the squad into three ranks.

SALUTE ON THE MARCH WITHOUT ARMS

79. The movements of the salute to the front and to a flank shall be executed as described in Chapter 2, paragraphs 36 to 43.

80. When a service member salutes on the march, he shall commence the drill movement five paces before reaching an officer, look directly into the officer's eyes by turning his head in the required direction on the commencement of the salute, and complete the salute one pace beyond him. This permits the officer to return the salute before the member has passed (Figure 3-12).

FAÇON DE FORMER UN « U »

72. Avant d'adopter la formation en « U », l'escouade doit être formée en ligne sur trois rangs (figure 3-11).

73. Au commandement, « FORMEZ UN « U », RANG DU CENTRE VERS LA DROITE, RANG ARRIÈRE VERS LA GAUCHE, TOUR — NEZ », les membres de l'escouade exécutent la manœuvre demandée.

74. Au commandement « RANG DU CENTRE VERS LA GAUCHE-GAUCHE, RANG ARRIÈRE VERS LA DROITE-DROITE, PAS CADENCÉ — MARCHÉ », les membres de l'escouade exécutent la manœuvre demandée.

75. Le commandement « MARQUEZ LE — PAS » est donné lorsque la dernière personne du rang du centre et la dernière personne du rang arrière se trouvent à un pas du front du rang avant.

76. Au commandement « ESCOUADE — HALTE », les membres de l'escouade exécutent la manœuvre demandée.

77. Au commandement « RANG DU CENTRE VERS LA GAUCHE, RANG ARRIÈRE VERS LA DROITE, TOUR — NEZ », les membres de l'escouade exécutent le mouvement commandé.

78. Pour reformer l'escouade sur trois rangs, la procédure décrite ci-dessus est inversée.

SALUT EN MARCHANT SANS ARMES

79. Les mouvements du salut vers l'avant ou vers un flanc s'exécutent de la façon décrite aux paragraphes 36 à 43, chapitre 2.

80. Lorsqu'un militaire salue en marchant, il doit commencer à saluer cinq pas avant de croiser un officier, regarder celui-ci droit dans les yeux en tournant la tête dans la direction appropriée au moment de commencer à saluer et cesser de saluer après l'avoir dépassé d'un pas. Ceci permet à l'officier de rendre le salut avant que le militaire ne l'ait croisé (figure 3-12).

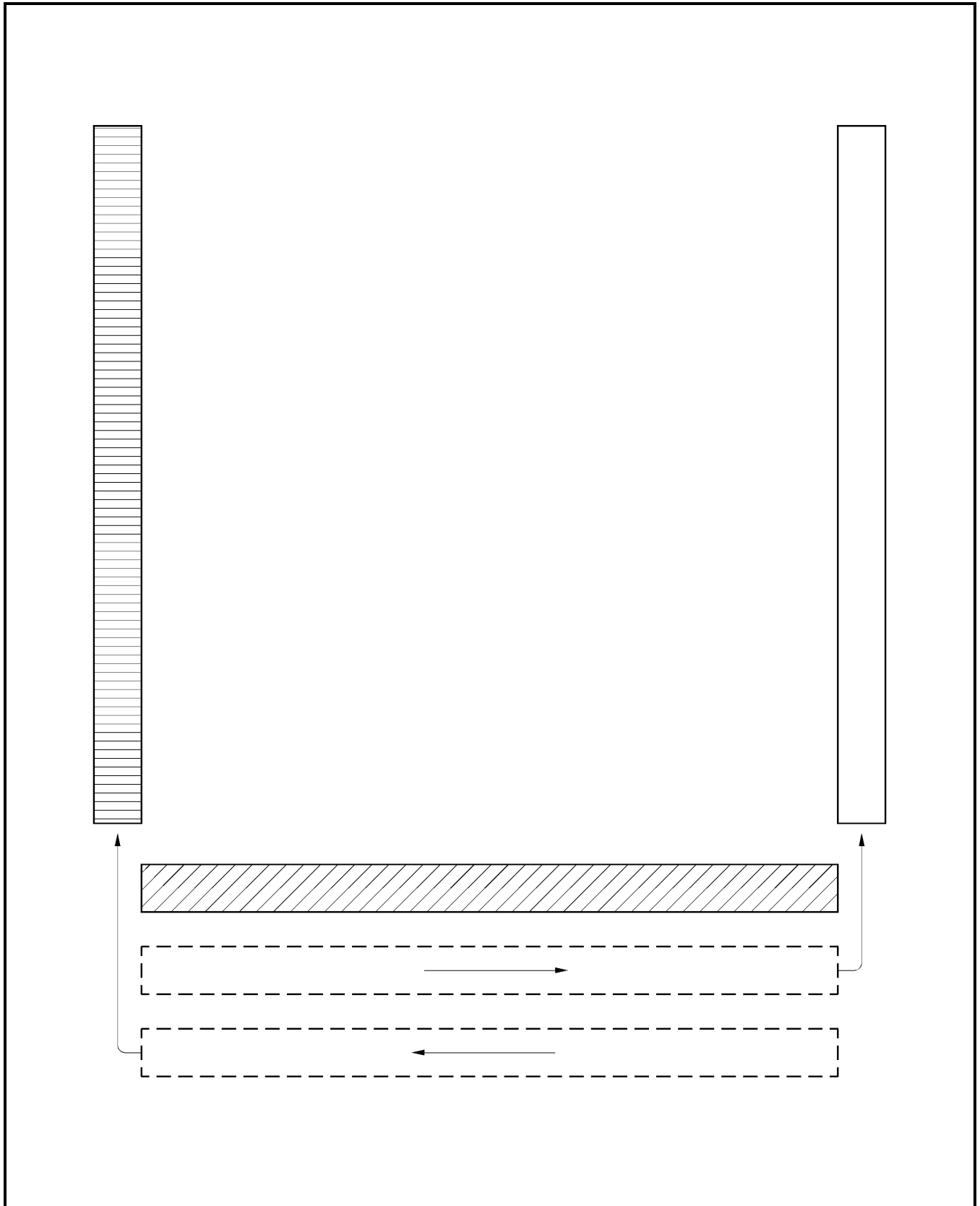


Figure 3-11 Forming Hollow Square
Figure 3-11 Façon de former un « U »

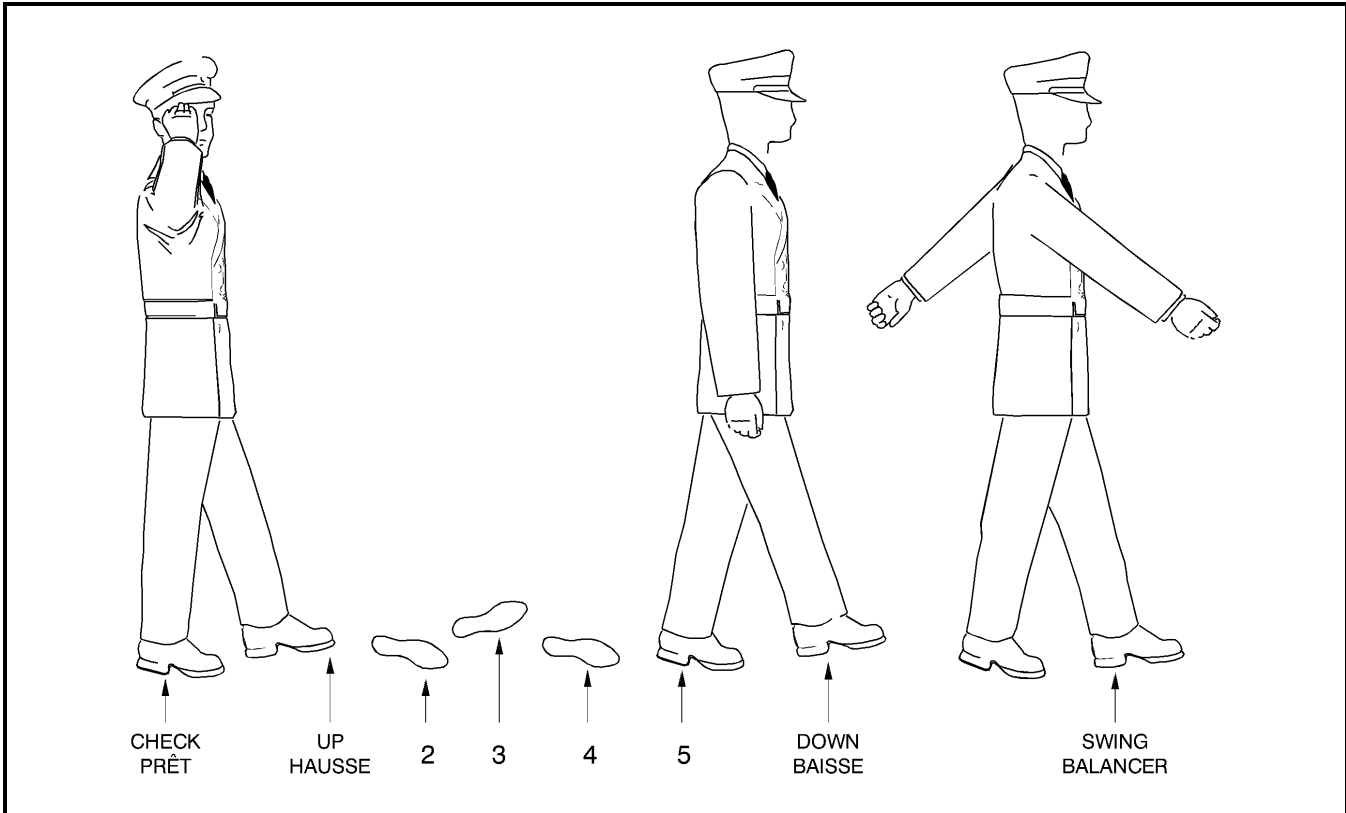


Figure 3-12 Saluting on the March without Arms

Figure 3-12 Salut en marchant sans armes

81. On the command TO THE RIGHT (LEFT) SALUTE BY NUMBERS, SQUAD – ONE given as the left foot is forward and on the ground, squad members shall:

- a. complete the next pace with the right foot; and
- b. swing the left arm forward and the right arm to the rear normally.

82. On the command SQUAD – TWO, squad members shall:

- a. complete the next pace with the left foot;
- b. cut the left arm to the side; and
- c. cut the right arm forward to the side and then up into the salute in one continuous movement. While saluting, the head is turned right (left) as far as possible without straining as appropriate.

81. Au commandement « EN DÉCOMPOSANT, SALUT VERS LA DROITE (GAUCHE), SALUEZ, ESCOUADE — UN », donné au moment où le pied gauche est en avant et au sol, les membres de l'escouade doivent :

- a. faire le pas suivant du pied droit; et
- b. balancer le bras gauche vers l'avant et le bras droit vers l'arrière de façon normale.

82. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. faire le pas suivant du pied gauche;
- b. ramener le bras gauche le long du corps; et
- c. ramener le bras droit le long du corps et vers l'avant, puis saluer d'un seul mouvement continu. Pendant le salut, la tête est tournée vers la droite (gauche) autant que possible, sans effort excessif.

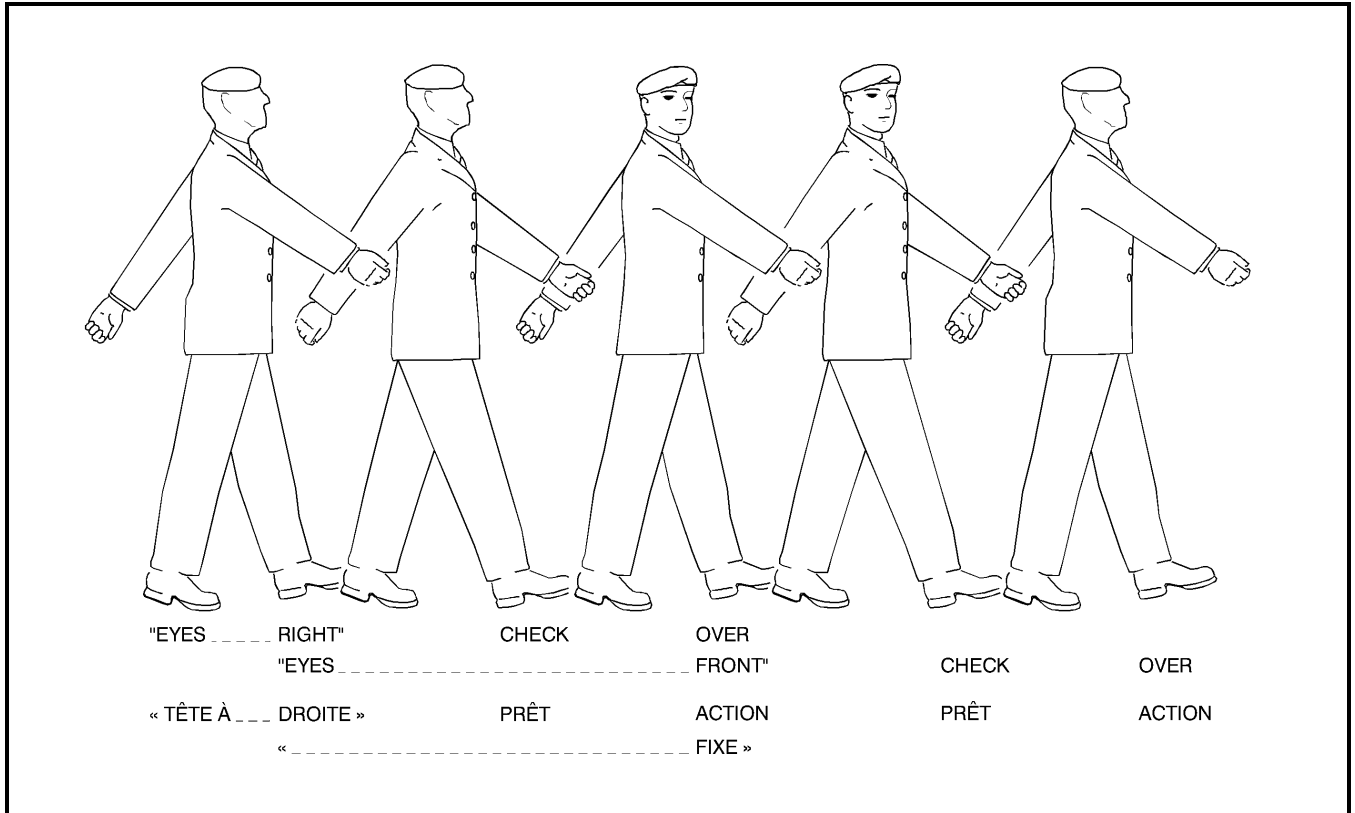


Figure 3-13 Eyes Right on the March without Arms
 Figure 3-13 Tête à droite en marchant sans armes

83. On the command SQUAD – THREE, squad members shall complete four paces in quick time, ending with the left foot forward.

83. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent faire quatre pas au pas cadencé, en terminant le pied gauche en avant.

84. On the command SQUAD – FOUR, squad members shall:

84. Au commandement « ESCOUADE — QUATRE », les membres de l'escouade doivent :

- a. complete a pace with the right foot; and
- b. cut the right arm to the side.

- a. faire un pas du pied droit; et
- b. ramener le bras droit le long du corps.

85. On the command SQUAD – FIVE, squad members shall continue marching.

85. Au commandement « ESCOUADE — CINQ », les membres de l'escouade doivent continuer à marcher.

86. On the command TO THE RIGHT (LEFT) – SALUTE, the movements are combined.

86. Au commandement « SALUT VERS LA DROITE (GAUCHE), SALU — EZ », les mouvements sont combinés.

87. The timing for the salute is counted as follows:

87. La cadence du salut est la suivante :

Count: CHECK – UP – TWO – THREE – FOUR
 – FIVE – DOWN – SWING

Mesure : PRÊT — HAUSSE — DEUX —
 TROIS — QUATRE — CINQ —
 BAISSÉ — BALANCE

Foot: RIGHT – LEFT – RIGHT – LEFT –
 RIGHT – LEFT – RIGHT – LEFT

Pieds : DROITE — GAUCHE — DROITE —
 GAUCHE — DROITE — GAUCHE —
 DROITE — GAUCHE

88. When teaching by numbers, on all commands the weight of the body is on the forward foot with the rear heel off the ground; however on the command SQUAD – TWO, the weight is on the rear foot with the toe up. The squad shall call the time in accordance with paragraph 87.

88. Lorsqu'on enseigne un mouvement en le décomposant, le poids du corps repose sur le pied le plus avancé et le talon du pied arrière est soulevé du sol chaque fois qu'est donné un commandement; toutefois, au commandement « ESCOUADE — DEUX », le poids du corps repose sur le pied arrière alors que la pointe du pied est soulevée. Les membres de l'escouade doivent compter le temps de la façon indiquée au paragraphe 87.

PAYING UNIT COMPLIMENTS WITH A SQUAD ON THE MARCH

SALUT D'UNE ESCOUADE EN MARCHÉ

89. As illustrated in Figure 3-13, on the command EYES – RIGHT (LEFT), given as the left foot is forward and on the ground:

89. Comme l'illustre la figure 3-13, au commandement « TÊTE À — DROITE (GAUCHE) », donné au moment où le pied gauche est en avant et au sol :

- a. squad members shall complete the next pace forward with the right foot and, as the left foot comes forward again and strikes the ground, turn the head and eyes to the right (left) as far as possible without straining and look directly into the eyes of the personage being saluted;
- b. squad members shall continue swinging arms;
- c. the leading person on the directing flank shall maintain head and eyes to the front to keep direction; and
- d. the person in command of the squad salutes.

- a. les membres de l'escouade doivent faire le pas suivant du pied droit et, au moment où le pied gauche se pose à nouveau sur le sol, tourner la tête et les yeux vers la droite (gauche) autant que possible, sans faire d'effort excessif, et regarder la personne à qui s'adresse le salut droit dans les yeux;
- b. les membres de l'escouade doivent continuer à balancer les bras;
- c. le guide du flanc de direction ne bouge ni la tête, ni les yeux et continue à regarder droit devant lui afin de garder la bonne direction; et
- d. le chef de l'escouade salue.

90. On the command EYES – FRONT given as the left foot is forward and on the ground:

90. Au commandement « FIXE », donné lorsque le pied gauche est en avant et au sol :

- a. squad members shall complete the next pace forward with the right foot and, as the left foot comes forward again and strikes the ground, cut the head and eyes smartly to the front; and
- b. the person in command of the squad completes the salute on the right foot by checking his arms to his sides and commences to swing his arms on the following pace with the left foot.

- a. les membres de l'escouade doivent faire le pas suivant du pied droit et, au moment où le pied gauche se pose à nouveau sur le sol, ramener la tête et les yeux d'un geste énergique vers l'avant; et
- b. le chef de l'escouade termine son propre salut sur le pied droit en ramenant les bras sur les côtés et recommence à balancer les bras au moment où il exécute le pas suivant du pied gauche.

URNS AND INCLINES ON THE MARCH IN SLOW TIME

91. Turns and inclines on the march are executed to change direction (see Figure 3-14).

92. On the command LEFT TURN BY NUMBERS, SQUAD – ONE given as the right foot is forward and on the ground, squad members shall complete a half pace with the left foot and freeze.

93. On the command SQUAD – TWO, squad members shall:

- a. bend the right knee so the upper leg is parallel to the ground;
- b. using the momentum of the knee, force the shoulders 90 degrees to the left to face the new direction, while simultaneously pivoting on the ball of the left foot 90 degrees to the left;
- c. straighten the right leg as in the position of attention;
- d. immediately shoot the left foot forward in a half pace with the toe just clear of the ground;
- e. keep the body and head held up; and
- f. keep the arms, body and head steady.

94. On the command SQUAD – THREE, squad members shall complete the half pace with the left foot and continue marching.

95. On the command LEFT – TURN, the three movements are combined into one continuous movement and the cadence is maintained.

96. The timing is:

Count: CHECK – PIVOT – LEFT – RIGHT – LEFT

Foot: LEFT – RIGHT – LEFT – RIGHT – LEFT

97. On the command LEFT IN – CLINE, the drill described for turning to the left is followed except that the turn is made through 45 degrees.

FAÇON DE TOURNER ET D'OBLIQUER EN MARCHANT AU PAS RALENTI

91. On tourne et on oblique en marchant pour changer de direction (voir figure 3-14).

92. Au commandement « EN DÉCOMPOSANT, À GAUCHE TOURNEZ, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent faire un demi-pas du pied gauche et s'immobiliser.

93. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. fléchir le genou droit de façon à ce que la cuisse soit parallèle au sol;
- b. à l'aide du genou, exécuter un mouvement de 90 degrés vers la gauche avec les épaules de façon à faire face dans la nouvelle direction tout en pivotant de 90 degrés vers la gauche sur la demi-pointe du pied gauche;
- c. redresser la jambe droite comme à la position du garde-à-vous;
- d. effectuer aussitôt un demi-pas du pied gauche, en rasant le sol avec la pointe du pied;
- e. garder le corps et la tête bien droits; et
- f. garder les bras, le corps et la tête immobiles.

94. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent faire un demi-pas du pied gauche et continuer à marcher.

95. Au commandement « À GAUCHE, TOUR — NEZ », les trois mouvements sont combinés en un seul mouvement continu et la cadence demeure la même.

96. La cadence est la suivante :

Mesure : PRÊT — PIVOT — GAUCHE — DROITE — GAUCHE

Pieds : GAUCHE — DROITE — GAUCHE — DROITE — GAUCHE

97. Au commandement « À GAUCHE, OBLI — QUEZ », le mouvement exécuté est le même que lorsqu'il s'agit de tourner à gauche, sauf que le changement de direction est de 45 degrés.

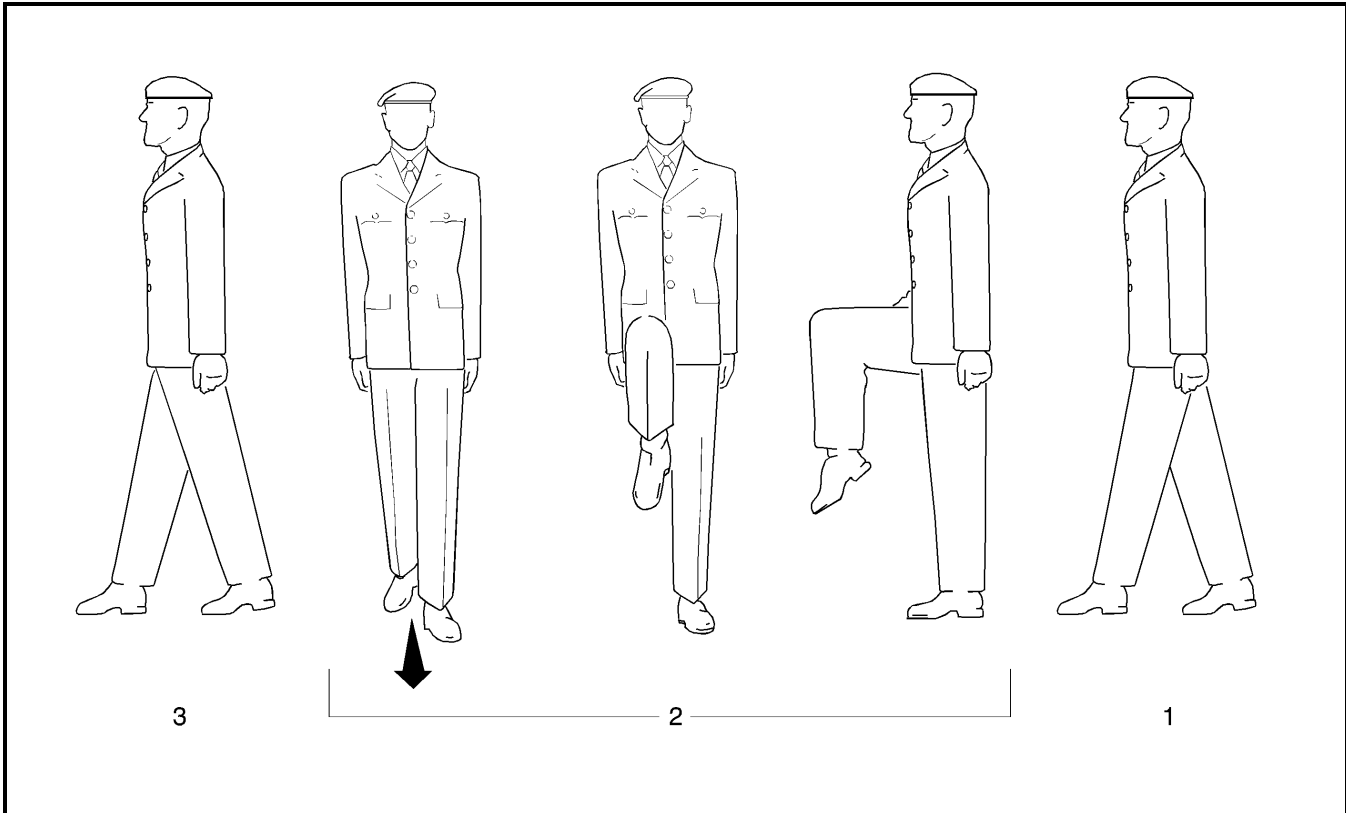


Figure 3-14 Turns in Slow Time

Figure 3-14 Façon de tourner au pas ralenti

98. On the command RIGHT TURN BY NUMBERS, SQUAD – ONE given as the left foot is forward and on the ground, squad members shall complete a half pace with the right foot.

98. Au commandement « EN DÉCOMPOSANT, À DROITE TOURNEZ, ESCOUADE — UN », donné lorsque le pied gauche est en avant et au sol, les membres de l'escouade doivent faire un demi-pas du pied droit.

99. On the command SQUAD – TWO, squad members shall:

99. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. bend the left knee so the upper leg is parallel to the ground;
- b. using the momentum of the knee, force the shoulders 90 degrees to the right to face the new direction, while simultaneously pivoting on the ball of the right foot 90 degrees to the right;
- c. straighten the left leg as in the position of attention;
- d. immediately shoot the right foot forward in a half pace with the toe just clear of the ground;

- a. fléchir le genou gauche de sorte que la cuisse soit parallèle au sol;
- b. à l'aide du genou, exécuter un mouvement de 90 degrés vers la droite avec les épaules de façon à faire face dans la nouvelle direction tout en pivotant de 90 degrés vers la droite sur la demi-pointe du pied droit;
- c. redresser la jambe gauche comme à la position du garde-à-vous;
- d. effectuer aussitôt un demi-pas du pied droit, en rasant le sol avec la pointe du pied;

- e. keep the body and head held up; and
- f. keep the arms, body, and head steady.

- e. garder le corps et la tête bien droits; et
- f. garder les bras, le corps et la tête immobiles.

100. On the command SQUAD – THREE, squad members shall complete the half pace with the right foot and continue marching.

100. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent faire un demi-pas du pied droit et continuer à marcher.

101. On the command RIGHT – TURN, the three movements are combined into one continuous movement and the cadence is maintained.

101. Au commandement « À DROITE, TOUR — NEZ », les trois mouvements sont combinés en un seul mouvement continu et la cadence demeure la même.

102. The timing is:

102. La cadence est la suivante :

Count: CHECK – PIVOT – RIGHT – LEFT – RIGHT

Mesure : PRÊT — PIVOT — DROITE — GAUCHE — DROITE

Feet: RIGHT – LEFT – RIGHT – LEFT – RIGHT

Pieds : DROITE — GAUCHE — DROITE — GAUCHE — DROITE

103. On the command RIGHT IN – CLINE, the drill described for turning to the right is followed except that the turn is made through 45 degrees.

103. Au commandement « À DROITE, OBLI — QUEZ », le mouvement exécuté est le même que lorsqu'il s'agit de tourner à droite, sauf que le changement de direction est de 45 degrés.

URNS AND INCLINES ON THE MARCH IN QUICK TIME

FAÇON DE TOURNER ET D'OBLIQUER EN MARCHANT AU PAS CADENCÉ

104. Turns and inclines on the march are executed to change direction (see Figure 3-15).

104. On tourne et on oblique en marchant pour changer de direction (voir figure 3-15).

105. On the command LEFT TURN BY NUMBERS, SQUAD – ONE, given as the right foot is forward and on the ground, squad members shall complete a half pace with the left foot with the right arm swung forward and the left to the rear.

105. Au commandement « EN DÉCOMPOSANT, À GAUCHE TOURNEZ, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent faire un demi-pas du pied gauche en balançant le bras droit vers l'avant et le bras gauche vers l'arrière.

106. On the command SQUAD – TWO, squad members shall:

106. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. cut the arms to the side as in the position of attention;
- b. bend the right knee;
- c. using the momentum of the knee, force the shoulders 90 degrees to the left to face the new direction, while simultaneously pivoting on the ball of the left foot 90 degrees to the left;
- d. straighten the right leg as in the position of attention;

- a. ramener les bras le long du corps comme à la position du garde-à-vous;
- b. fléchir le genou droit;
- c. à l'aide du genou, exécuter un mouvement de 90 degrés vers la gauche avec les épaules de façon à faire face dans la nouvelle direction tout en pivotant de 90 degrés vers la gauche sur la demi-pointe du pied gauche;
- d. redresser la jambe droite comme à la position du garde-à-vous;

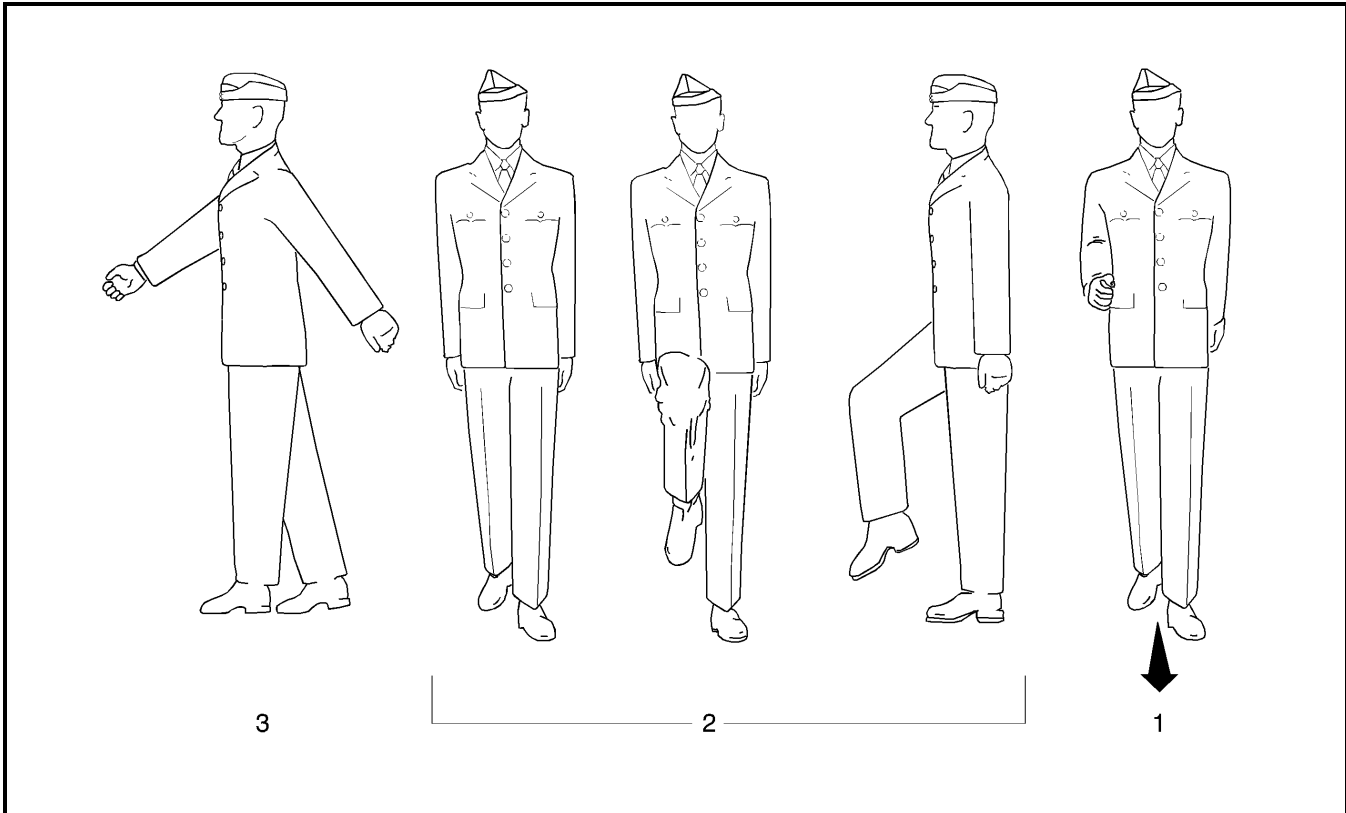


Figure 3-15 Turns in Quick Time

Figure 3-15 Façon de tourner au pas cadencé

- e. immediately shoot the left foot forward in a half pace with the toe just clear of the ground;
- f. keep the body and head held up; and
- g. keep the arms, body and head steady.

107. On the command SQUAD – THREE, squad members shall complete the half pace with the left foot and continue marching (swinging the arms).

108. On the command LEFT – TURN, the three movements are combined into one continuous movement and the cadence is maintained.

109. The timing is:

Count: CHECK – PIVOT – LEFT – RIGHT – LEFT

Feet: LEFT – RIGHT – LEFT – RIGHT – LEFT

- e. effectuer aussitôt un demi-pas du pied gauche, en rasant le sol avec la pointe du pied;
- f. garder le corps et la tête bien droits; et
- g. garder les bras, le corps et la tête immobiles.

107. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent faire un demi-pas du pied gauche et continuer à marcher (en balançant les bras).

108. Au commandement « À GAUCHE, TOUR — NEZ », les trois mouvements sont combinés en un seul mouvement continu et la cadence demeure la même.

109. La cadence est la suivante :

Mesure : PRÊT — PIVOT — GAUCHE — DROITE — GAUCHE

Pieds : GAUCHE — DROITE — GAUCHE — DROITE — GAUCHE

110. On the command LEFT IN – CLINE, the drill described for turning to the left is followed except that the turn is made to 45 degrees.

111. On the command RIGHT TURN BY NUMBERS, SQUAD – ONE given as the left foot is forward and on the ground, squad members shall complete a half pace with the right foot, swing the left arm forward and the right to the rear.

112. On the command SQUAD – TWO, squad members shall:

- a. cut the arms to the side as in the position of attention;
- b. bend the left knee;
- c. using the momentum of the knee, force the shoulders 90 degrees to the right to face the new direction, while simultaneously pivoting on the ball of the right foot 90 degrees to the right;
- d. straighten the left leg as in the position of attention;
- e. immediately shoot the right foot forward in a half pace with the toe just clear of the ground;
- f. keep the body and head held up; and
- g. keep the arms, body and head steady.

113. On the command SQUAD – THREE, squad members shall complete the half pace with the right foot and continue marching.

114. On the command RIGHT – TURN, the three movements are combined into one continuous movement and the cadence is maintained.

115. The timing is counted as:

Count: CHECK – PIVOT – RIGHT – LEFT – RIGHT

Feet: RIGHT – LEFT – RIGHT – LEFT – RIGHT

110. Au commandement « À GAUCHE, OBLI — QUEZ », le mouvement exécuté est le même que lorsqu'il s'agit de tourner à gauche, sauf que le changement de direction est de 45 degrés.

111. Au commandement « EN DÉCOMPOSANT, À DROITE TOURNEZ, ESCOUADE — UN », donné lorsque le pied gauche est en avant et au sol, les membres de l'escouade doivent faire un demi-pas du pied droit, balancer le bras gauche vers l'avant et le bras droit vers l'arrière.

112. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. ramener les bras le long du corps comme à la position du garde-à-vous;
- b. fléchir le genou gauche;
- c. à l'aide du genou, exécuter un mouvement de 90 degrés vers la droite avec les épaules de façon à faire face dans la nouvelle direction tout en pivotant de 90 degrés vers la droite sur la demi-pointe du pied droit;
- d. redresser la jambe gauche comme à la position du garde-à-vous;
- e. effectuer aussitôt un demi-pas du pied droit, en rasant le sol avec la pointe du pied;
- f. garder le corps et la tête bien droits; et
- g. garder les bras, le corps et la tête immobiles.

113. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent faire un demi-pas du pied droit et continuer à marcher.

114. Au commandement « À DROITE, TOUR — NEZ », les trois mouvements sont combinés en un seul mouvement continu et la cadence demeure la même.

115. La cadence est la suivante :

Mesure : PRÊT — PIVOT — DROITE — GAUCHE — DROITE

Pieds : DROITE — GAUCHE — DROITE — GAUCHE — DROITE

116. On the command RIGHT IN – CLINE, the drill described for turning to the right is followed, except that the turn is made to 45 degrees.

ABOUT TURN ON THE MARCH IN SLOW TIME

117. On the command ABOUT TURN BY NUMBERS, SQUAD – ONE given as the right foot is forward and on the ground (Figure 3-16), squad members shall:

- a. take a half pace with the left foot placing the foot flat on the ground naturally;
- b. bring the right foot in to the left, in a straight-leg manner without scraping the ground, to the position of attention;
- c. maintain the same cadence; and
- d. keep the arms to the side.

118. On the command SQUAD – TWO, squad members shall:

- a. maintain the arms at the sides;
- b. pivot on the ball of the right foot to force the body through a turn of 90 degrees to the right;
- c. simultaneously, bend the left knee so that the thigh is parallel to the ground; and
- d. lower the leg smartly to the ground to assume the position of attention.

119. On the command SQUAD – THREE, squad members shall:

- a. maintain the arms at the sides;
- b. pivot on the ball of the left foot to force the body through a turn of 90 degrees to the right;
- c. simultaneously, bend the right knee so that the thigh is parallel to the ground; and
- d. lower the leg smartly to the ground to assume the position of attention.

116. Au commandement « À DROITE, OBLI — QUEZ », le mouvement exécuté est le même que lorsqu'il s'agit de tourner à droite, sauf que le changement de direction est de 45 degrés.

DEMI-TOUR EN MARCHANT AU PAS RALENTI

117. Au commandement « EN DÉCOMPOSANT DEMI-TOUR TOURNEZ, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol (figure 3-16), les membres de l'escouade doivent :

- a. faire un demi-pas du pied gauche et poser le pied à plat au sol, de façon naturelle;
- b. ramener le pied droit vers le pied gauche sans fléchir la jambe et sans toucher le sol, jusqu'à la position du garde-à-vous;
- c. conserver la même cadence; et
- d. laisser les bras le long du corps.

118. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. laisser les bras le long du corps;
- b. pivoter sur la demi-pointe du pied droit de façon à effectuer avec le corps une rotation de 90 degrés vers la droite;
- c. en même temps, fléchir le genou gauche de façon à ce que la cuisse soit parallèle au sol; et
- d. abaisser la jambe vers le sol d'un geste énergique pour revenir à la position du garde-à-vous.

119. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent :

- a. laisser les bras le long du corps;
- b. pivoter sur la demi-pointe du pied gauche de façon à effectuer avec le corps une rotation de 90 degrés vers la droite;
- c. en même temps, fléchir le genou droit de façon à ce que la cuisse soit parallèle au sol; et
- d. abaisser la jambe vers le sol d'un geste énergique pour revenir à la position du garde-à-vous.

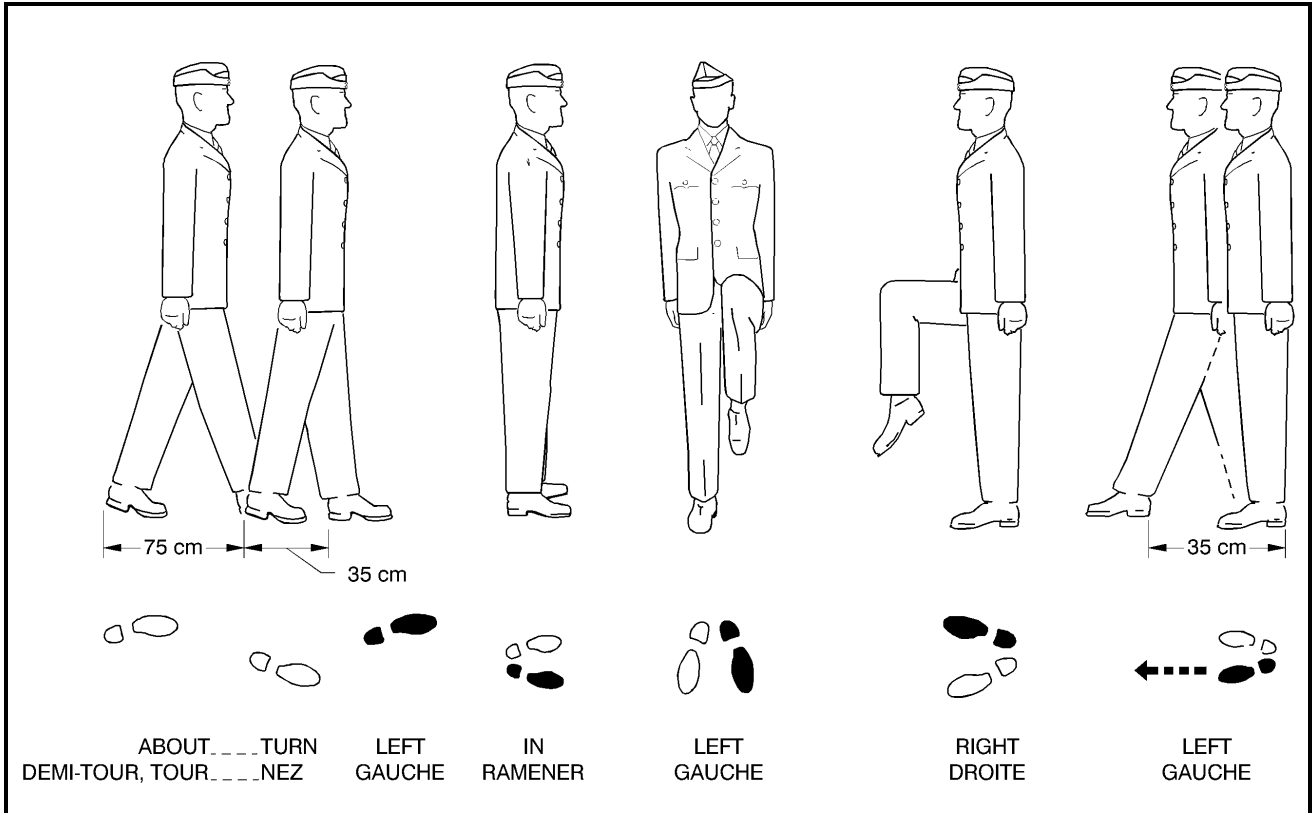


Figure 3-16 About Turn in Slow Time
 Figure 3-16 Demi-tour en marchant au pas ralenti

120. On the command SQUAD – FOUR, squad members shall step off in slow time with a half pace with the left foot in the new direction.

120. Au commandement « ESCOUADE — QUATRE », les membres de l'escouade doivent commencer à marcher au pas ralenti en exécutant un demi-pas du pied gauche dans la nouvelle direction.

121. On the command ABOUT – TURN, the four movements are combined and the cadence is maintained.

121. Au commandement « DEMI-TOUR, TOUR — NEZ », les quatre mouvements sont combinés en conservant la même cadence.

122. The timing is:

122. La cadence est la suivante :

Count: LEFT – IN – LEFT – RIGHT – LEFT

Mesure : GAUCHE — RAMENER — GAUCHE — DROITE — GAUCHE

Feet: LEFT – RIGHT – LEFT – RIGHT – LEFT

Pieds : GAUCHE — DROITE — GAUCHE — DROITE — GAUCHE

ABOUT TURN ON THE MARCH IN QUICK TIME

DEMI-TOUR EN MARCHANT AU PAS CADENCÉ

123. On the command ABOUT TURN BY NUMBERS, SQUAD – ONE given as the right foot is forward and on the ground (Figure 3-17), squad members shall:

123. Au commandement « EN DÉCOMPOSANT, DEMI-TOUR TOURNEZ, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol (figure 3-17), les membres de l'escouade doivent :

- a. take a half pace with the left foot, placing the foot flat on the ground naturally;
- b. bring the right foot in to the left, in a straight-leg manner above the ground, to the position of attention;
- c. simultaneously, cut the right arm down and the left in from the rear as the right foot comes in; and
- d. maintain the cadence.

124. On the command SQUAD – TWO, squad members shall:

- a. maintain the arms at the sides;
- b. pivot on the ball of the right foot to force the body through a turn of 90 degrees to the right;
- c. simultaneously, bend the left knee; and
- d. lower the leg smartly to the ground to assume the position of attention.

125. On the command SQUAD – THREE, squad members shall:

- a. maintain the arms at the sides;
- b. pivot on the ball of the left foot to force the body through a turn of 90 degrees to the right;
- c. simultaneously, bend the right knee; and
- d. lower the leg smartly to the ground to assume the position of attention.

126. On the command SQUAD – FOUR, squad members shall step off in quick time with a half pace with the left foot in the new direction.

127. On the command ABOUT – TURN, the four movements are combined and the cadence is maintained.

- a. faire un demi-pas du pied gauche et poser le pied à plat au sol, de façon naturelle;
- b. ramener le pied droit vers le pied gauche sans fléchir la jambe et sans toucher le sol, jusqu'à la position du garde-à-vous;
- c. en même temps, ramener le bras droit et le bras gauche près du corps au moment où le pied droit est rapproché; et
- d. conserver la même cadence.

124. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. laisser les bras le long du corps;
- b. pivoter sur la demi-pointe du pied droit de façon à effectuer avec le corps une rotation de 90 degrés vers la droite;
- c. en même temps, fléchir le genou gauche; et
- d. abaisser la jambe vers le sol d'un geste énergique pour revenir à la position du garde-à-vous.

125. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent :

- a. laisser les bras le long du corps;
- b. pivoter sur la demi-pointe du pied gauche de façon à effectuer avec le corps une rotation de 90 degrés vers la droite;
- c. en même temps, fléchir le genou droit; et
- d. abaisser la jambe vers le sol d'un geste énergique pour revenir à la position du garde-à-vous.

126. Au commandement « ESCOUADE — QUATRE », les membres de l'escouade doivent commencer à marcher au pas cadencé en exécutant un demi-pas du pied gauche dans la nouvelle direction.

127. Au commandement « DEMI-TOUR, TOUR — NEZ », les quatre mouvements sont combinés en conservant la même cadence.

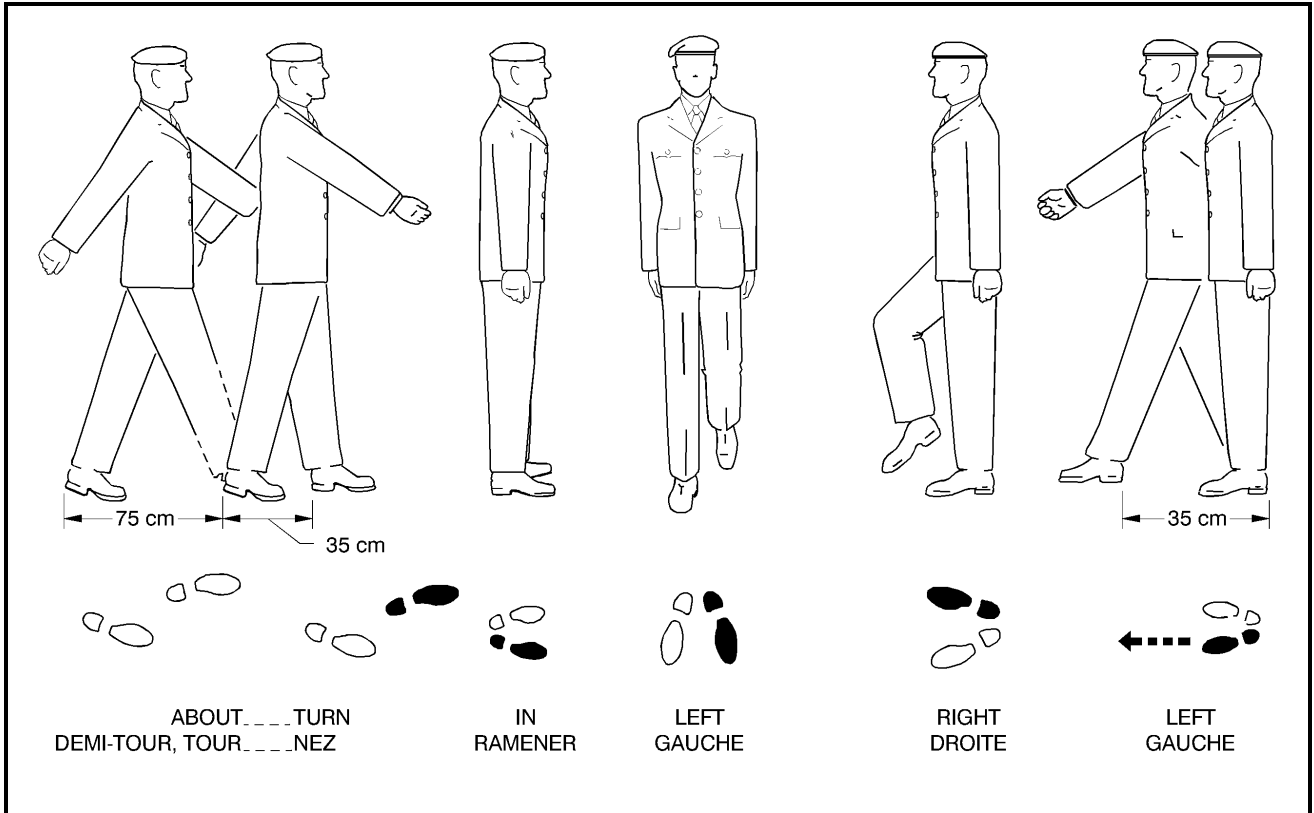


Figure 3-17 About Turn in Quick Time
 Figure 3-17 Demi-tour en marchant au pas cadencé

128. The timing is:

Count: LEFT – IN – LEFT – RIGHT – LEFT

Feet: LEFT – RIGHT – LEFT – RIGHT – LEFT

129. When a blank file of one person exists in a squad which is in line, the person shall commence to step short on the cautionary word of command RETIRE (ADVANCE), and execute the about turn with the new leading rank on the executive word TURN.

CHANGE TO QUICK TIME FROM SLOW TIME

130. On the command CHANGE TO QUICK TIME, QUICK – MARCH given as the right foot is forward and on the ground, squad members shall step forward with the left foot in quick time, swinging the right arm forward and the left arm to the rear.

128. La cadence est la suivante :

Mesure : GAUCHE — RAMENER — GAUCHE — DROITE — GAUCHE

Pieds : GAUCHE — DROITE — GAUCHE — DROITE — GAUCHE

129. Lorsqu'une escouade en ligne comprend une file creuse d'une personne, cette personne doit commencer à marcher au pas raccourci lorsque le mot d'avertissement « VERS L'ARRIÈRE (VERS L'AVANT) » est donné et faire demi-tour en même temps que le nouveau rang avant lorsque le commandement d'exécution « TOUR – NEZ » est donné.

FAÇON DE PASSER DU PAS RALENTI AU PAS CADENCÉ

130. Au commandement « CHANGEZ DE CADENCE, PAS CADENCÉ — MARCHÉ », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent partir du pied gauche, au pas cadencé, en balançant le bras droit vers l'avant et le bras gauche vers l'arrière.

CHANGE TO DOUBLE TIME FROM QUICK TIME

131. On the command CHANGE TO DOUBLE TIME, DOUBLE – MARCH given as the right foot is forward and on the ground, squad members shall step forward with the left foot in double time and with the arms in the position for marching in double time.

CHANGE TO QUICK TIME FROM DOUBLE TIME

132. On the command CHANGE TO QUICK TIME, QUICK – MARCH given as the right foot is forward and on the ground, squad members shall shorten the pace to the standard quick march length while completing four more paces in double time and then break into quick time.

CHANGE TO SLOW TIME FROM QUICK TIME

133. On the command CHANGE TO SLOW TIME, SLOW MARCH BY NUMBERS, SQUAD – ONE given as the right foot is forward and on the ground, squad members shall complete a half pace with the left foot, with the right arm swung forward and the left arm to the rear.

134. On the command SQUAD – TWO, squad members shall cut the arms to the sides as in the position of attention. The right foot is brought forward in double time, the right knee is bent and the right foot placed smartly beside the left. As the right foot strikes the ground, the left foot is shot forward in a half pace just above the ground with the toe pointing down as in slow time.

135. On the command SQUAD – THREE, squad members shall complete the half pace with the left foot and carry on marching in slow time.

136. On the command CHANGE TO SLOW TIME, SLOW – MARCH, the three movements are combined. The timing is counted as “left, right, left” in double time.

FAÇON DE PASSER DU PAS CADENCÉ AU PAS DE GYMNASTIQUE

131. Au commandement « CHANGEZ DE CADENCE, PAS DE GYMNASTIQUE — MARCHÉ », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent partir du pied gauche, au pas de gymnastique, les bras dans la position prescrite pour le pas de gymnastique.

FAÇON DE PASSER DU PAS DE GYMNASTIQUE AU PAS CADENCÉ

132. Au commandement « CHANGEZ DE CADENCE, PAS CADENCÉ — MARCHÉ », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent réduire le pas à la longueur réglementaire du pas cadencé tout en faisant quatre pas au pas de gymnastique, et passer ensuite au pas cadencé.

FAÇON DE PASSER DU PAS CADENCÉ AU PAS RALENTI

133. Au commandement « EN DÉCOMPOSANT, CHANGEZ DE CADENCE, PAS RALENTI, MARCHÉ, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent faire un demi-pas du pied gauche, le bras droit dirigé vers l'avant et le bras gauche vers l'arrière.

134. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent ramener les bras à la position du « garde-à-vous ». Le pied droit est ramené à la cadence du pas de gymnastique, le genou droit est fléchi et le pied droit est ramené d'un geste énergique à côté du pied gauche. Au moment où le pied droit touche le sol, on fait un demi-pas du pied gauche en rasant le sol, la pointe du pied dirigée vers le bas comme dans le cas du pas ralenti.

135. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent faire un demi-pas avec le pied gauche et continuer à marcher au pas ralenti.

136. Au commandement « CHANGEZ DE CADENCE, PAS RALENTI — MARCHÉ », les trois mouvements sont combinés. Le rythme de la cadence est le même que le « gauche, droite, gauche » du pas de gymnastique.

CHANGE DIRECTION BY FORMING FROM THE HALT

137. A form changes the direction faced by a squad in line, while maintaining its formation (see Figure 3-18).

138. To change direction by forming from the halt to the halt, on the command AT THE HALT, CHANGE DIRECTION RIGHT, RIGHT – FORM:

- a. the leading person on the directing flank turns right;
- b. the remainder of the front rank makes a right incline; and
- c. the centre and rear rank stand fast.

139. On the command QUICK – MARCH:

- a. the leading person of the directing flank marches forward five paces and halts; and
- b. the remainder of the squad steps off, wheeling as necessary to regain their original position to the left of the directing flank, with each successive file halting in succession from right to left, facing the new direction.

140. To change direction by forming, from the halt to the mark time, on the command CHANGE – DIRECTION RIGHT, RIGHT – FORM:

- a. the leading person of the directing flank turns right;
- b. the remainder of the front rank makes a right incline; and
- c. the centre and rear rank stand fast.

CHANGEMENT DE DIRECTION PAR CONVERSION À PARTIR DE LA HALTE

137. Une conversion à pivot fixe change la direction à laquelle fait face une escouade en ligne, sans pour autant en changer la formation (voir la figure 3-18).

138. Pour changer de direction par conversion, de la halte à la halte, au commandement « À LA HALTE, CHANGEZ DE DIRECTION VERS LA DROITE, À DROITE, FOR — MEZ » :

- a. le guide du flanc de direction tourne à droite;
- b. les autres personnes du rang avant obliquent vers la droite; et
- c. Le rang du centre et le rang arrière restent immobiles.

139. Au commandement « PAS CADENCÉ — MARCHÉ » :

- a. le guide du flanc de direction avance de cinq pas et s'arrête; et
- b. les autres membres de l'escouade se déplacent, décrivant au besoin un mouvement de conversion, de façon à reprendre leur position initiale à la gauche du flanc de direction, chacune des files s'arrêtant successivement de droite à gauche, faisant face à la nouvelle direction.

140. Pour changer la direction par conversion en manœuvrant de la halte au « marquez le pas », au commandement « CHANGEZ DE DIRECTION VERS LA DROITE, À DROITE, FOR — MEZ » :

- a. le guide du flanc de direction tourne à droite;
- b. les autres personnes du rang avant obliquent vers la droite; et
- c. le rang du centre et le rang arrière restent immobiles.

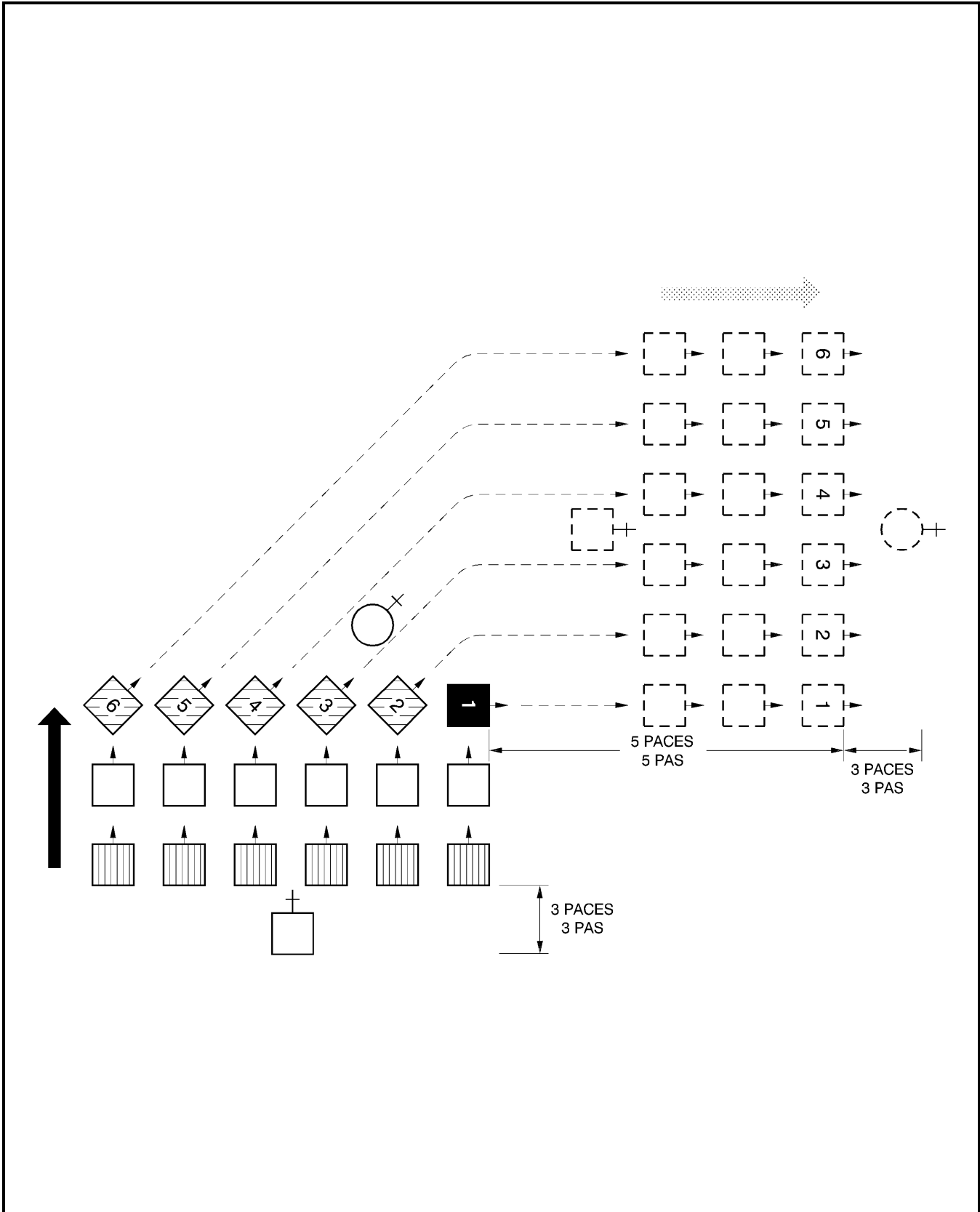


Figure 3-18 Forming from the Halt
 Figure 3-18 Conversion à pivot fixe à partir de la halte

141. On the command QUICK – MARCH:
- a. the leading person of the directing flank marches forward five paces and begins marking time on the fifth pace; and
 - b. the remainder of the squad steps off, wheeling as necessary to regain their original position to the left of the directing flank, with each successive file marking time, in succession from right to left, facing the new direction.

142. On the command FOR – WARD or SQUAD – HALT, the squad acts as ordered.

143. Changing direction by forming to the left is executed as outlined above, except for “right” read “left”.

CHANGE DIRECTION BY FORMING ON THE MARCH

144. On the command AT THE HALT, CHANGE DIRECTION RIGHT, RIGHT – FORM given as the left foot is forward and on the ground:

- a. the leading person on the directing flank turns right, takes six paces forward and halts;
- b. simultaneously, the remainder of the front rank makes a right incline and steps off toward the new position in line with the right marker; and
- c. the centre and rear ranks wheel right to follow the leading individual in each file. Each file, as it reaches its position on the left of the directing flank facing the new direction, shall halt together in succession from the right.

145. On the command CHANGE DIRECTION RIGHT, RIGHT – FORM given as the left foot is forward and on the ground:

141. Au commandement « PAS CADENCÉ — MARCHÉ » :

- a. le guide du flanc de direction avance de cinq pas et commence à marquer le pas; et
- b. les autres membres de l'escouade se déplacent, décrivant au besoin un mouvement de conversion, de façon à reprendre leur position initiale à la gauche du flanc de direction, chacune des files marquant successivement le pas de droite à gauche, faisant face à la nouvelle direction.

142. Au commandement « VERS L'A — VANT » ou « ESCOUADE — HALTE », les membres de l'escouade exécutent la manœuvre demandée.

143. Pour changer de direction par une conversion vers la gauche, le mouvement s'exécute de la façon décrite ci-dessus, sauf que là où apparaît le mot « droite », on doit lire « gauche ».

CHANGEMENT DE DIRECTION PAR CONVERSION EN MARCHANT

144. Au commandement « À LA HALTE, CHANGEZ DE DIRECTION VERS LA DROITE, À DROITE FOR — MEZ », donné lorsque le pied gauche est en avant et au sol :

- a. le guide du flanc de direction tourne à droite, avance de six pas et s'arrête;
- b. en même temps, les autres membres du rang avant oblique vers la droite et se dirigent vers leur nouvelle position en ligne avec le guide de droite; et
- c. le rang du centre et le rang arrière exécutent une conversion vers la droite de façon à suivre le guide de chacune des files. À mesure qu'elles atteignent leur position à la gauche du flanc de direction, faisant face à la nouvelle direction, les files s'arrêtent successivement de la droite vers la gauche.

145. Au commandement « CHANGEZ DE DIRECTION VERS LA DROITE, À DROITE FOR — MEZ », donné au moment où le pied gauche est en avant et au sol :

- a. the leading person of the directing flank turns right, takes five paces forward and marks time:
- b. simultaneously, the remainder of the front rank makes a right incline and marches toward its new position; and
- c. the centre and rear ranks wheel right, following the leading individual in each file. Each file, as it reaches its position on the left of the directing flank facing the new direction, shall mark time together in succession from the right.

146. On the command FOR – WARD or SQUAD – HALT, the squad acts as ordered.

147. Changing direction by forming to the left is executed as outlined above, except that the initial command is given as the right foot is forward and on the ground, and the movement is executed to the left.

148. The number of paces moved forward in the new direction on a form is governed by the direction in which the form is to be made. Five paces shall be taken when the form is executed to the left and six paces when the form is made to the right on the march so that the last pace forward is taken with the left foot.

FORM SQUAD IN LINE FROM THE HALT

149. The drill for forming a squad changes the formation of a squad marching in column (etc.) to that of line, while maintaining the squad's direction (see Figure 3-19).

150. To form a squad on its left, from the halt to the halt, on the command AT THE HALT, ON THE LEFT, FORM – SQUAD:

- a. the front left-hand person (the marker) stands fast; and
- b. the remainder of the squad makes a left incline.

151. On the command QUICK – MARCH:

- a. le guide du flanc de direction tourne à droite, fait cinq pas vers l'avant et marque le pas;
- b. en même temps, les autres personnes du rang avant oblique vers la droite et se dirigent vers leur nouvelle position; et
- c. le rang du centre et le rang arrière exécutent une conversion vers la droite de façon à suivre le guide de chacune des files. À mesure qu'elles atteignent leur position à la gauche du flanc de direction, faisant face à la nouvelle direction, les files marquent le pas en succession de la droite vers la gauche.

146. Au commandement « VERS L'A — VANT » ou « ESCOUADE — HALTE », les membres de l'escouade exécutent la manœuvre demandée.

147. Le changement de direction par une conversion vers la gauche s'exécute de la façon décrite ci-dessus, sauf que le commandement initial est donné au moment où le pied droit est en avant et au sol et le mouvement s'exécute vers la gauche.

148. Le nombre de pas exécutés vers l'avant dans la nouvelle direction dépend de la direction de la conversion. On fera normalement cinq pas lorsque la conversion à pivot fixe se fait vers la gauche et six pas lorsque le changement se fait vers la droite, de façon à ce que le dernier pas vers l'avant soit fait du pied gauche.

FORMATION DE L'ESCOUADE EN LIGNE À PARTIR DE LA HALTE

149. Au moment de changer de formation, l'escouade qui se déplace en colonnes (etc.) passe à la formation en ligne, sans pour autant changer de direction (voir figure 3-19).

150. Pour former l'escouade sur la gauche, de la halte à la halte, au commandement « À LA HALTE, VERS LA GAUCHE, FORMEZ — ESCOUADE » :

- a. la personne à l'extrême gauche du rang avant (le guide) reste immobile; et
- b. les autres membres de l'escouade oblique vers la gauche.

151. Au commandement « PAS CADENCÉ — MARCHÉ » :

- a. the front left-hand person (the marker) marches forward five paces and halts; and
- b. the remainder of the squad steps off, wheeling as necessary, each file taking up its new position to the left of the leading file, facing the same direction and halting together in succession from right to left.

152. To form a squad on its left from the halt to the mark time, on the command ON THE LEFT, FORM – SQUAD:

- a. the front left-hand person (the marker) stands fast; and
- b. the remainder of the squad makes a left incline.

153. On the command QUICK – MARCH:

- a. the front left-hand person (the marker) marches forward five paces and commences marking time; and
- b. the remainder of the squad steps off, wheeling as necessary, each file taking up its new position to the left the leading file, facing the same direction and marking time together in succession from right to left.

154. On the command FOR – WARD or SQUAD – HALT, the squad acts as ordered.

FORM SQUAD IN LINE ON THE MARCH

155. On the command AT THE HALT, ON THE LEFT, FORM – SQUAD given as the right foot is forward and on the ground:

- a. the front left-hand person (the marker) continues to move forward five paces and halts; and
- b. the remainder of the squad executes a left incline, wheels to its position to the left of the leading file, each file halting together in succession from right to left.

- a. la personne à l'extrême gauche du rang avant (le guide) avance de cinq pas et s'arrête; et
- b. les autres membres de l'escouade se déplacent d'un mouvement de conversion, au besoin chaque file allant occuper sa nouvelle position à la gauche de la file de direction, faisant face à la même direction, et les files s'arrêtent en succession de la droite vers la gauche.

152. Pour former l'escouade sur la gauche, de la halte au « marquez le pas », au commandement « VERS LA GAUCHE, FORMEZ — ESCOUADE » :

- a. la personne à l'extrême gauche du rang avant (le guide) reste immobile; et
- b. les autres membres de l'escouade obliquent vers la gauche.

153. Au commandement « PAS CADENCÉ — MARCHÉ » :

- a. la personne à l'extrême gauche du rang avant (le guide) avance de cinq pas et commence à marquer le pas; et
- b. les autres membres de l'escouade se déplacent d'un mouvement de conversion, au besoin chaque file allant occuper sa nouvelle position à la gauche de la file de direction, faisant face à la même direction, les files marquant le pas successivement de la droite vers la gauche.

154. Au commandement « VERS L'A — VANT » ou « ESCOUADE — HALTE », l'escouade exécute la manœuvre demandée.

FORMATION DE L'ESCOUADE EN LIGNE EN MARCHANT

155. Au commandement « À LA HALTE, VERS LA GAUCHE, FORMEZ — ESCOUADE », donné au moment où le pied droit est en avant et au sol :

- a. la personne à l'extrême gauche du rang avant (le guide) continue à avancer de cinq pas et s'arrête; et
- b. les autres membres de l'escouade obliquent vers la gauche, décrivent un mouvement de conversion vers leur position à la gauche de la file de direction, chaque file s'arrêtant successivement de la droite vers la gauche.

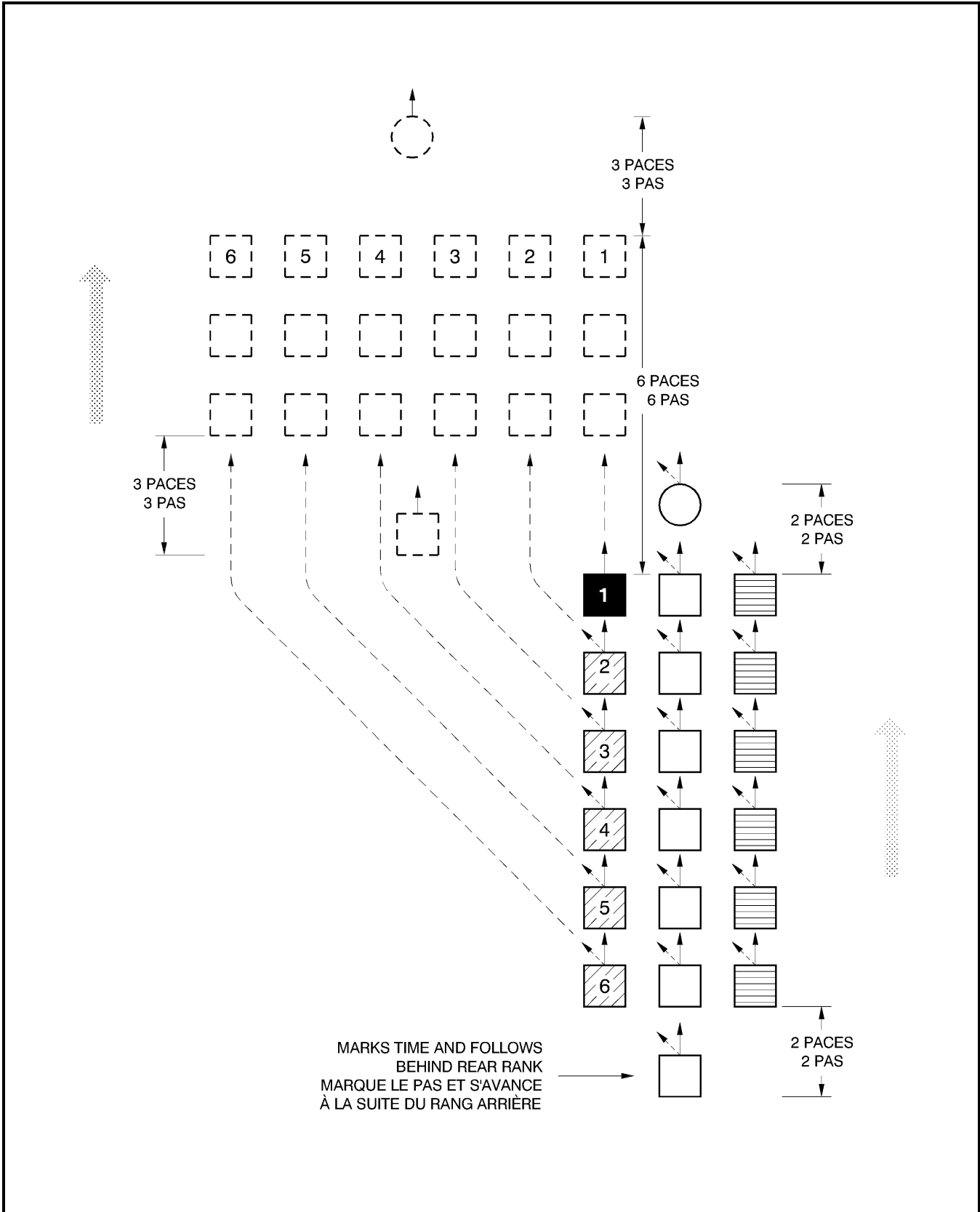


Figure 3-19 Forming Squad from the Halt
Figure 3-19 Formation de l'escouade à partir de la halte

156. On the command ON THE LEFT, FORM – SQUAD given as the right foot is forward and on the ground:

- a. the front left-hand person (the marker) continues to move forward five paces and marks time; and
- b. the remainder of the squad executes a left incline, wheels to its position to the left of the leading file, each file beginning to mark time together, in succession from right to left.

157. On the command FOR – WARD or SQUAD – HALT, the squad acts as ordered.

156. Au commandement « VERS LA GAUCHE, FORMEZ — ESCOUADE », donné au moment où le pied droit est en avant et au sol :

- a. la personne à l'extrême gauche du rang avant (le guide) continue à avancer de cinq pas et marque le pas; et
- b. les autres membres de l'escouade obliquent vers la gauche, font un mouvement de conversion vers leur position sur la gauche de la file de direction, chaque file commençant à marquer le pas successivement de la droite vers la gauche.

157. Au commandement « VERS L'A — VANT » ou « ESCOUADE — HALTE », l'escouade exécute la manœuvre demandée.

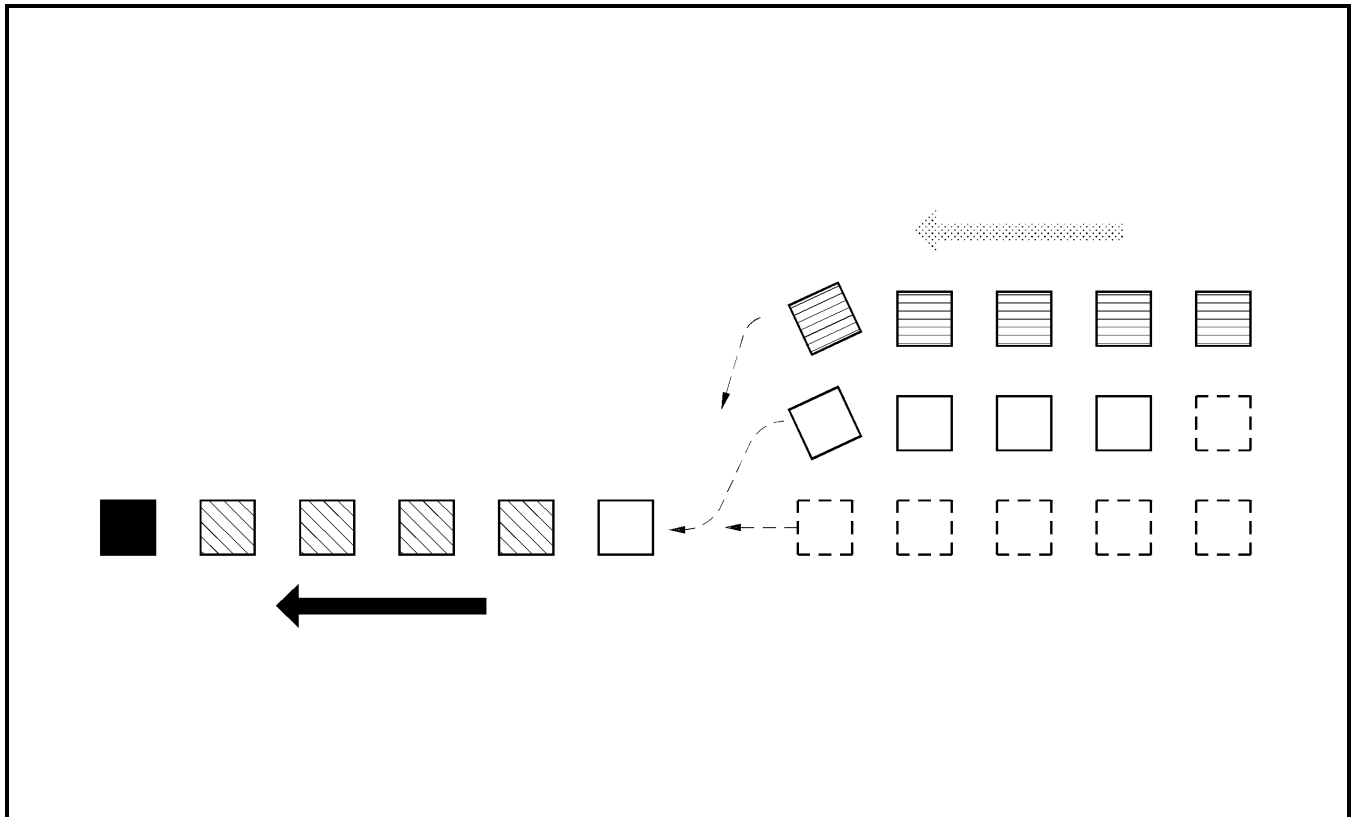


Figure 3-20 Squad in Threes Forming Single File

Figure 3-20 Formation de la file indienne par l'escouade en colonne par trois

SQUAD IN THREES FORMING SINGLE FILE FROM THE HALT

158. On the command SINGLE FILE FROM THE LEFT (RIGHT), QUICK – MARCH:

- a. the directing flank marches off in single file in quick time (Figure 3-20); and
- b. the remainder mark time. The leading person of the centre and non-directing flank execute a left (right) incline and lead off in single file when the file on their left (right) is clear.

FORMATION DE LA FILE INDIENNE PAR L'ESCOUADE EN COLONNE PAR TROIS, DE LA HALTE

158. Au commandement « DE LA GAUCHE (DROITE), EN FILE INDIENNE, PAS CADENCÉ — MARCHÉ » :

- a. le flanc de direction commence à marcher en file indienne au pas cadencé (figure 3-20); et
- b. les autres membres de l'escouade marquent le pas. Le guide du centre et celui du flanc qui ne contrôle pas la direction obloquent vers la gauche (droite) et avancent en file indienne lorsque la file qui est à leur gauche (droite) a terminé sa manœuvre.

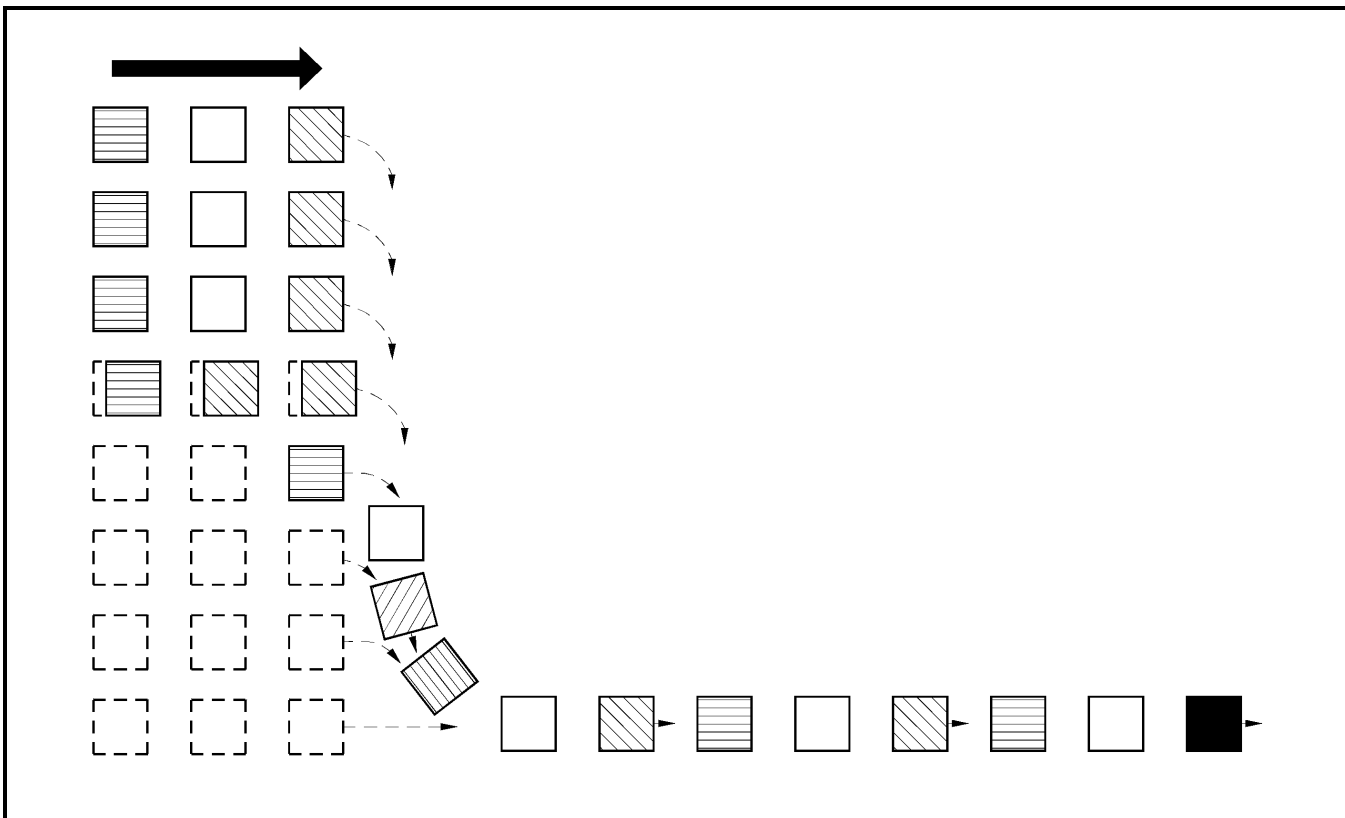


Figure 3-21 Squad in Line Forming Single File
 Figure 3-21 Formation de la file indienne par l'escouade en ligne

SQUAD IN THREES FORMING SINGLE FILE ON THE MARCH

159. On the command SINGLE FILE FROM THE LEFT (RIGHT), REMAINDER MARK – TIME given as the right foot is forward and on the ground:

FORMATION DE LA FILE INDIENNE PAR L'ESCOUADE EN COLONNE PAR TROIS, EN MARCHANT

159. Au commandement « DE LA GAUCHE (DROITE), EN FILE INDIENNE, LES AUTRES, MARQUEZ LE — PAS », donné au moment où le pied droit est en avant et au sol :

- a. the directing flank continues marching forward;
- b. the remainder mark time; and
- c. the leading person of the centre and non-directing flank execute a left (right) incline and lead off in single file when the file on their left (right) is clear.

SQUAD IN SINGLE FILE REFORMING THREES FROM THE HALT

160. On the command ON THE RIGHT (LEFT) REFORM THREES, REMAINDER QUICK – MARCH:

- a. the rank leading the single file stands fast; and
- b. the remainder step off, reform three ranks and halt.

SQUAD IN SINGLE FILE REFORMING THREES ON THE MARCH

161. On the command ON THE RIGHT (LEFT), REFORM THREES, FRONT RANK MARK – TIME given as the right foot is forward and on the ground:

- a. the leading rank marks time; and
- b. the remainder reform threes and mark time.

162. On the command FOR – WARD or SQUAD – HALT, the squad acts as ordered.

SQUAD IN LINE FORMING SINGLE FILE FROM THE HALT

163. On the command SINGLE FILE FROM THE RIGHT (LEFT), QUICK – MARCH:

- a. the file on the directing flank marches forward in single file in quick time (Figure 3-21); and

- a. le flanc de direction continue à avancer;
- b. les autres membres de l'escouade marquent le pas; et
- c. le guide du centre et celui du flanc qui ne contrôle pas la direction obliquent vers la gauche (droite) et avancent en file indienne lorsque la file qui est à leur gauche (droite) a terminé sa manœuvre.

RETOUR À LA COLONNE PAR TROIS DE L'ESCOUADE EN FILE INDIENNE, DE LA HALTE

160. Au commandement « SUR LA DROITE (GAUCHE), REFORMEZ TROIS RANGS, LES AUTRES, PAS CADENCÉ — MARCHÉ » :

- a. le rang qui dirige la file indienne reste immobile; et
- b. les autres membres de l'escouade se mettent en marche, reforment trois rangs et s'arrêtent.

RETOUR À LA COLONNE PAR TROIS DE L'ESCOUADE EN FILE INDIENNE, EN MARCHANT

161. Au commandement « SUR LA DROITE (GAUCHE), REFORMEZ TROIS RANGS, RANG AVANT, MARQUEZ LE — PAS », donné lorsque le pied droit est en avant et au sol :

- a. le rang qui dirige la file marque le pas; et
- b. les autres membres de l'escouade se reforment sur trois rangs et marquent le pas.

162. Au commandement « VERS L'A — VANT » ou « ESCOUADE — HALTE », l'escouade exécute la manœuvre demandée.

FORMATION DE LA FILE INDIENNE PAR L'ESCOUADE EN LIGNE, DE LA HALTE

163. Au commandement « DE LA DROITE (GAUCHE), EN FILE INDIENNE, PAS CADENCÉ — MARCHÉ » :

- a. la file du flanc de direction s'avance en file indienne au pas cadencé (figure 3-21); et

- b. the remainder mark time, lead off and wheel in single file following the file on their right (left).

SQUAD IN LINE FORMING SINGLE FILE ON THE MARCH

164. On the command SINGLE FILE FROM THE RIGHT (LEFT), REMAINDER MARK – TIME given as the right foot is forward and on the ground:

- a. the file on the directing flank continues marching forward; and
- b. the remainder mark time and then lead off in single file, stepping off with the left foot, when the file on their right (left) is clear.

SQUAD IN SINGLE FILE REFORMING LINE FROM THE HALT

165. On the command ON THE LEFT (RIGHT), REFORM LINE, REMAINDER QUICK – MARCH:

- a. the leading file stands fast (Figure 3-22); and
- b. the remainder step off, reform line and halt.

SQUAD IN SINGLE FILE REFORMING LINE ON THE MARCH

166. On the command ON THE LEFT (RIGHT), REFORM LINE, REMAINDER MARK – TIME given as the right foot is forward and on the ground:

- a. the leading file marks time; and
- b. the remainder reform line and mark time.

167. On the command FOR – WARD or SQUAD – HALT, the squad acts as ordered.

- b. les autres rangs marquent le pas, puis se mettent en marche en décrivant une conversion pour former la file indienne à la suite du rang qui est à leur droite (gauche).

FORMATION DE LA FILE INDIENNE PAR L'ESCOUADE EN LIGNE, EN MARCHANT

164. Au commandement « DE LA DROITE (GAUCHE), EN FILE INDIENNE, LES AUTRES, MARQUEZ LE — PAS », donné au moment où le pied droit est en avant et au sol :

- a. la file du flanc de direction continue à avancer; et
- b. les autres membres de l'escouade marquent le pas puis avancent en file indienne, faisant le premier pas du pied gauche, lorsque la file qui est à leur droite (gauche) a terminé sa manœuvre.

RETOUR SUR TROIS RANGS DE L'ESCOUADE EN FILE INDIENNE, DE LA HALTE

165. Au commandement « SUR LA GAUCHE (DROITE), REFORMEZ LA LIGNE, LES AUTRES, PAS CADENCÉ — MARCHÉ » :

- a. la file de tête reste immobile (figure 3-22); et
- b. les autres membres de l'escouade se mettent en marche, reforment la ligne et s'arrêtent.

RETOUR SUR TROIS RANGS DE L'ESCOUADE EN FILE INDIENNE, EN MARCHANT

166. Au commandement « SUR LA GAUCHE (DROITE), REFORMEZ LA LIGNE, LES AUTRES, MARQUEZ LE — PAS », donné au moment où le pied droit est en avant et au sol :

- a. la file de tête marque le pas; et
- b. les autres reforment la ligne et marquent le pas.

167. Au commandement « VERS L'A — VANT » ou « ESCOUADE — HALTE », l'escouade exécute la manœuvre demandée.

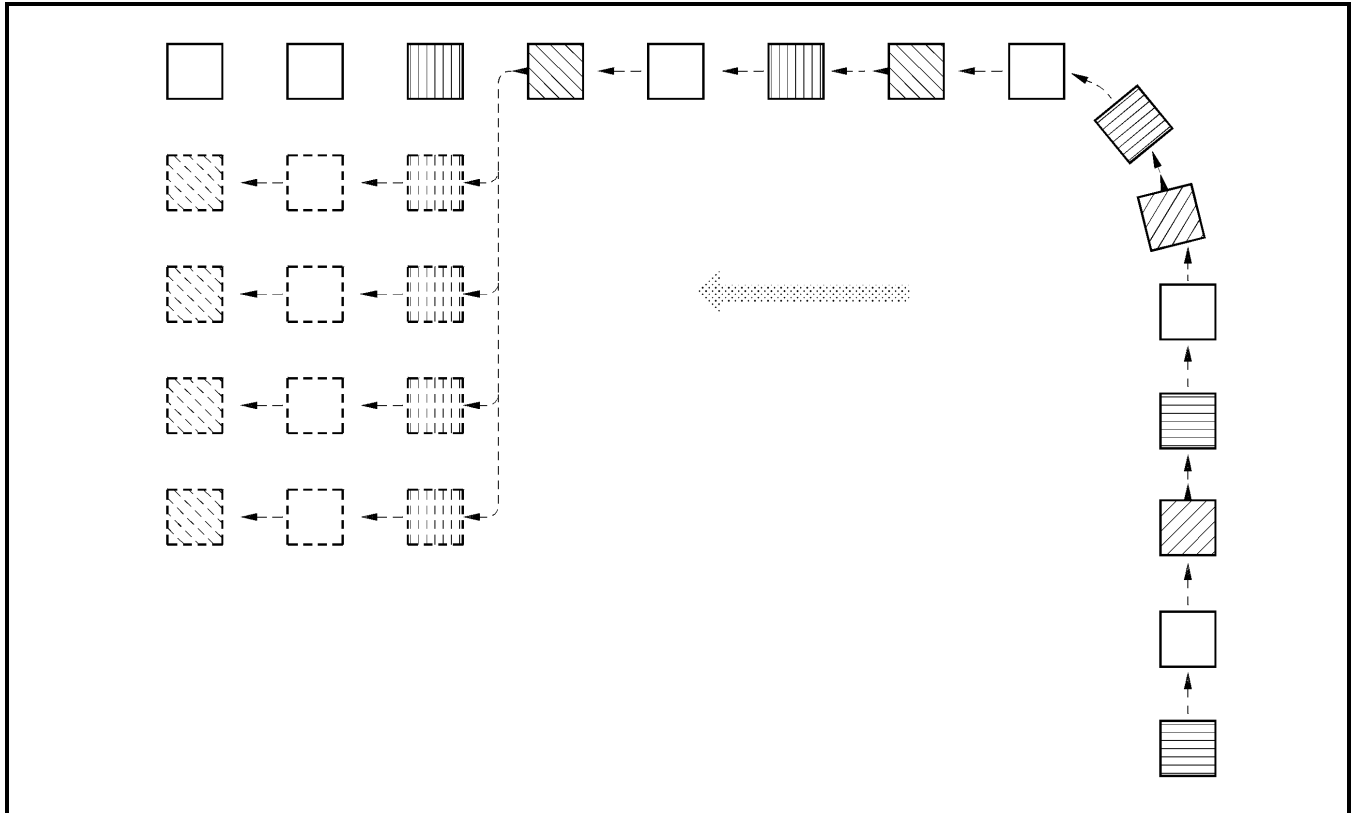


Figure 3-22 Squad in Single File Reforming Line from the Halt

Figure 3-22 Retour sur trois rangs de l'escouade en file indienne, à partir de la halte

OPEN ORDER ON THE MARCH IN SLOW TIME**FAÇON D'OUVRIER LES RANGS EN MARCHANT AU PAS RALENTI**

168. On the command OPEN – ORDER given as the right foot is forward and on the ground, squad members shall act as follows:

- a. when in two ranks:
 - (1) the front rank continues marching forward, and
 - (2) the rear rank marks time for two paces and then steps off with the left foot; and
- b. when in three ranks:
 - (1) the front rank continues marching forward,
 - (2) the centre rank marks time for two paces, and
 - (3) the rear rank marks time for four paces.

168. Au commandement « ESCOUADE, OUVREZ LES — RANGS », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent agir comme suit :

- a. s'ils sont sur deux rangs :
 - (1) le rang avant continue à avancer, et
 - (2) le rang arrière marque le pas pendant deux pas puis se met en marche en partant du pied gauche; et
- b. s'ils sont sur trois rangs :
 - (1) le rang avant continue d'avancer,
 - (2) le rang du centre marque le pas pendant deux pas, et
 - (3) le rang arrière marque le pas pendant quatre pas.

CLOSE ORDER ON THE MARCH IN SLOW TIME

169. On the command CLOSE – ORDER given as the right foot is forward and on the ground, squad members shall act as follows:

- a. when in two ranks:
 - (1) the front rank marks time for two paces and then steps off with the left foot, and
 - (2) the rear rank continues marching forward; and
- b. when in three ranks:
 - (1) the front rank mark time for four paces,
 - (2) the centre rank mark time for two paces, and
 - (3) the rear rank continues marching forward.

FAÇON DE FERMER LES RANGS AU PAS RALENTI

169. Au commandement « ESCOUADE, FERMEZ LES — RANGS », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent agir comme suit :

- a. s'ils sont sur deux rangs :
 - (1) le rang avant marque le pas pendant deux pas, puis se met en marche en partant du pied gauche, et
 - (2) le rang arrière continue d'avancer; et
- b. s'ils sont sur trois rangs :
 - (1) le rang avant marque le pas pendant quatre pas,
 - (2) le rang du centre marque le pas pendant deux pas, et
 - (3) le rang arrière continue à avancer.

ORDERING A PLATOON ON PARADE

Reference: A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.

This formation should be implemented when there is an effective parade strength of less than 32 cadets.

1. Platoon in Line

Reference: A0-002 Chapter 7, paragraph 7.

Regardless of its frontage, when a platoon is formed in line, the Platoon Commander (PI Comd) shall be positioned three paces in front and centred on the platoon, and the Platoon Warrant Officer (PI WO) shall be positioned three paces in rear and centred on the platoon (see Figure 8A2-1).

2. Steps to Ordering a Platoon on Parade

Reference: A0-002 Chapter 7, paragraphs 12 to 15.

A platoon is ordered on parade in a similar manner to falling in a squad:

- a. Prior to being fallen in on parade, the platoon shall form in three ranks at the edge of the parade ground and stand at ease.
 - b. The PI WO shall designate the right-hand person of the front rank as the marker.
 - c. The PI WO shall then proceed unto the parade ground and halt three paces in front of where the marker is to fall.
 - d. The PI WO shall then carry on with the directions detailed at Annex A, Appendix 1, Items 1 to 10.
 - e. Cadets filling the positions of supernumerary officers, WOs and senior NCOs act as follows:
 - (1) The WOs and senior NCOs will form up in a supernumerary rank, three paces behind the rear rank, evenly spaced across the platoon frontage. They will act on the orders of the PI WO.
 - (2) Those acting as supernumerary officers will be ordered to fall in by the PI Comd after assuming command, as in company drill.
3. The platoon shall be handed over to the PI Comd in the following manner, and in accordance with directions detailed at Annex A, Appendix 1, Items 11 to 13:
- a. The PI WO calls the platoon to attention as the PI Comd approaches.
 - b. The PI Comd halts two paces in front of the PI WO, who reports the strength, condition, etc. of the platoon.
 - c. Upon being ordered to fall in, the PI WO turns right and proceeds by a series of wheels around the right flank to take up his position in rear of the platoon.
 - d. The PI Comd marches forward two paces to take up his position.
 - e. The PI Comd stands the parade at ease once the PI WO has occupied the proper position.

Note: The platoon formations shall be utilized when the corps has an established strength of 32 or less cadets.

The two platoon formations utilized are:

- Platoon in Line (see Figure 8A2-1); and
- Platoon in Column of Route (see Figure 8A2-2).

ORDERING A PLATOON ON PARADE

| Item | Command | By | Action | Remarks |
|-------------|--------------------|-----------|--|---|
| 1. | | PI WO | The PI WO shall march to a position three paces in front of, and facing, the position the marker is to occupy. | The platoon is formed up in a position just off the parade ground, standing easy. The right-hand cadet of the front rank is the designated "marker". |
| 2. | Marker | PI WO | The marker shall come to attention, answer by rank, and observe the standard pause before marching in a direct line to, and halting three paces in front of and facing, the PI WO. The marker shall remain at attention. | The platoon shall come to the position of stand at ease. The PI WO, after placing the marker, shall turn right and march to a position three paces in front of and centre facing where the formation shall fall in. |
| 3. | Platoon FALL – IN | PI WO | Formation shall come to attention, observe the standard pause and march onto the parade ground. It shall halt on the left of and covering off the marker and remain at attention. | A direct route shall be taken by the formation. The PI WO may wish to call the halt with less experienced groups. |
| 4. | OPEN ORDER – MARCH | PI WO | The platoon acts as ordered. The PI WO maintains the proper distance from the front rank by taking three half paces to the rear. | When formed in three ranks, the front rank takes three half paces forward, and the rear rank three half paces rearward. When in two ranks the rear rank takes three half paces rearward, and the front rank stands fast. |
| 5. | RIGHT – DRESS | PI WO | The platoon acts as ordered. The PI WO shall step off, marching and wheeling until six paces to the right of the right flank, facing the front and in line with the front rank. There the PI WO shall halt. The PI WO then turns left, and dresses the front rank. | PI Comd not yet on parade. |
| 6. | FRONT RANK STEADY | PI WO | Turns left, and, keeping the arms at the side, paces off the interval, halts, turns right, and dresses the centre rank. | |
| 7. | CENTRE RANK STEADY | PI WO | Turns left, and, keeping the arms at the side, paces off the | |

| Item | Command | By | Action | Remarks |
|---|-------------------------|---------|---|--|
| | | | interval, halts, turns right, and dresses the rear rank. | |
| 8. | REAR RANK STEADY | PI WO | The platoon warrant steps off and, by a series of wheels, adopts the position three paces in front of, and centred on the platoon. | |
| 9. | EYES – FRONT | PI WO | The platoon acts as ordered. | Ordered by the PI WO after returning to the position in front of the platoon. |
| 10. | STAND AT – EASE | PI WO | The platoon acts as ordered. The PI WO turns about, faces the front, and stands at ease. | PI WO awaits the arrival of the PI Comd. |
| 11. | ATTEN – TION | PI WO | The platoon acts as ordered. The PI WO, on seeing the PI Comd approach, shall come to attention, turn about and face the platoon to give the order. The PI WO shall turn and face the front once the order is carried out. | Given as the PI Comd approaches. |
| 12. | | | The PI Comd shall halt two paces in front of the PI WO. The PI WO shall salute and report the platoon. On completion of reporting, the PI Comd shall order the PI WO to fall in. The PI WO shall turn right and move to the assigned parade position, moving around the right flank of the platoon. | The PI WO shall, by a series of wheels, adopt the position three paces to the rear of the platoon in line with PI Comd. The PI Comd shall take two paces forward to the position vacated by the PI WO and wait until the PI WO is in position prior to issuing additional orders. |
| 13. | PLATOON STAND AT – EASE | PI Comd | The platoon acts as ordered. | The PI Comd carries on inspecting the platoon or proceeding with training or ACR parade format as assigned. |
| <p>Note: The formations used are as follows:</p> <ul style="list-style-type: none"> • five or fewer form up in a single rank; • six to nine form up in two ranks; and • ten or more form up in three ranks. | | | | |

PLATOON IN LINE AND PLATOON IN COLUMN OF ROUTE DIAGRAMS

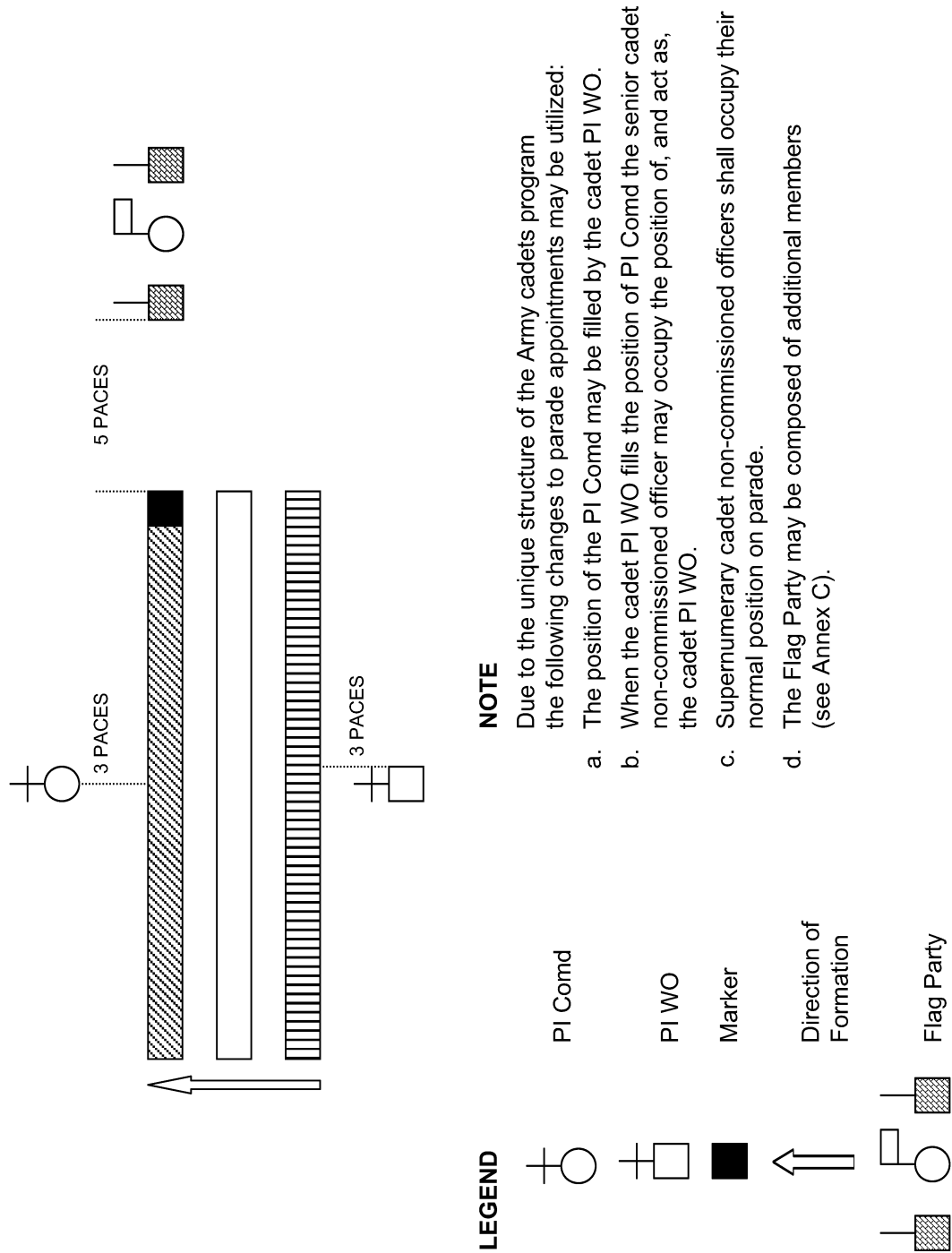
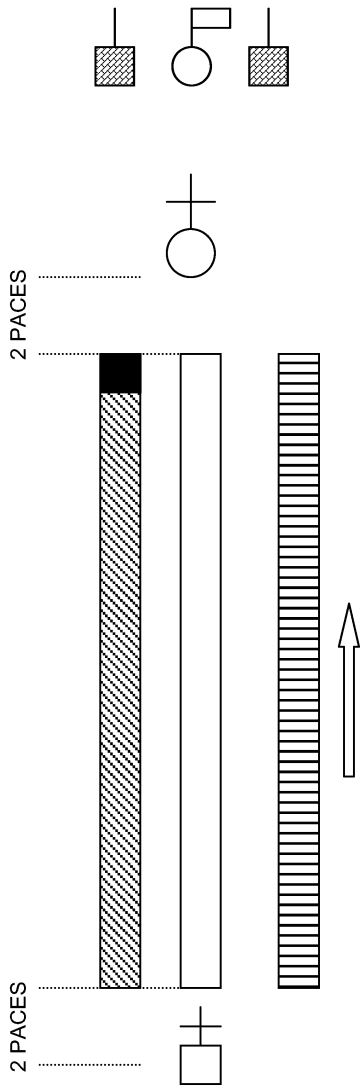







Figure 8A2-1 Platoon in Line



LEGEND

-  PI Comd
-  PI WO
-  Marker
-  Direction of Formation
-  Flag Party

NOTE

Due to the unique structure of the Army cadets program the following changes to parade appointments may be utilized:

- a. The position of the PI Comd may be filled by the cadet PI WO.
- b. When the cadet PI WO fills the position of PI Comd the senior cadet non-commissioned officer may occupy the position of, and act as, the cadet PI WO.
- c. Supernumerary cadet non-commissioned officers shall occupy their normal position on parade.
- d. The Flag Party may be composed of additional members (see Annex C).

Figure 8A2-2 Platoon in Column of Route

FORMING UP A COMPANY

ORDERING A COMPANY ON PARADE

Reference: A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.

This formation should be implemented when there is an effective parade strength of more than 45 cadets.

1. Steps to Forming Up a Company

Reference: A0-002 Chapter 7, paragraphs 24 to 26.

- a. Prior to forming the company, the PI WOs shall normally call the roll and inspect their platoons. They then position their platoons (sized, if so ordered) as directed by the CSM, normally at the edge of the parade ground. They shall report their platoons' strengths to the CSM prior to the markers being called.
- b. A company may be formed up in one of the two following formations:
 - (1) Company in Line (see Figure 8B2-1); and
 - (2) Company in Column of Route (see Figure 8B2-2).
- c. The company is normally formed up in the centre of the allotted parade ground. Knowing the company's strength and frontage, the CSM selects the position to fall in the markers, by:
 - (1) dividing the company's frontage, including intervals, in two, and marching the appropriate number of paces to the right flank for line; and
 - (2) dividing the frontage of the company's leading (and largest) platoon by two and marching off an equal number of paces to the right flank from where the company will be centred, for column or close column of platoons.

Note: Where space is limited, intervals and distances between units and sub-units may be decreased.

2. Cadet Parade Positions

- a. The unique nature of the cadet unit allows for the adjustment of parade positions to be filled by cadet WOs and cadet senior NCOs.
- b. The following parade positions are normally filled by cadets when conducting a formal parade:
 - (1) Parade Commander (Coy Comd) – Cadet CWO;
 - (2) Parade Deputy Commander (DComd) – Cadet MWO;
 - (3) Parade Sergeant Major – (CSM) – Cadet MWO;
 - (4) Left Guide – Cadet WO;
 - (5) Platoon Commander – Cadet WO; and
 - (6) Platoon Warrant Officer – Cadet Sgt.

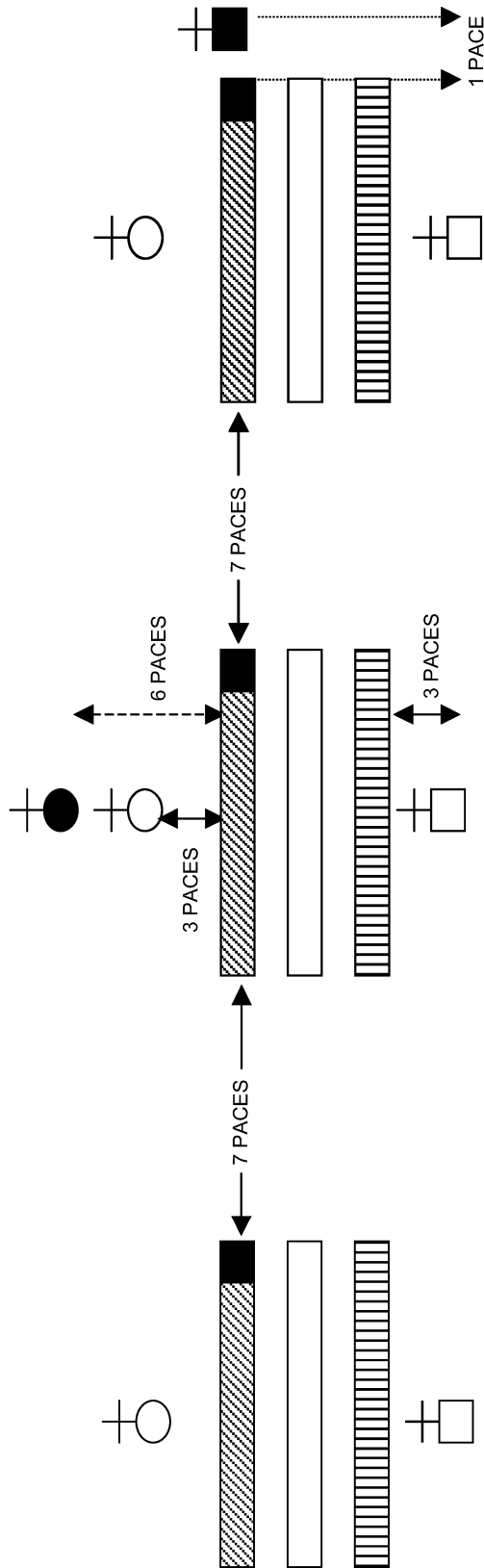
FORMING UP A COMPANY

| Item | Command | By | Action | Remarks |
|------|---|-----|--|---|
| 1. | | | The CSM marches to, and halts, in a position three paces to the left and facing the position to be occupied by the marker of No. 1 platoon. | The platoons are normally positioned at the edge of the parade ground, standing easy. The CSM shall face the future position of the front rank if the company is to form up in line, and the right flank if the company is to form up in close column of platoon. |
| 2. | MARKERS | CSM | The platoon markers come to attention, and march onto the parade ground. The marker of No. 1 platoon halts three paces in front of and facing the CSM. The remainder halt on the left of the No. 1 platoon marker and dress to the right at shoulder dressing. Upon completion of dressing, they look to the front in succession from the right. The markers remain at attention. | Platoons formed on the edge of the parade ground adopt the stand at ease position. Standard pauses are observed between drill movements completed by the markers. |
| 3. | MARKERS – NUMBER | CSM | Markers number in succession from the right, e.g. ONE, TWO, etc. | |
| 4. | No. 1 PLATOON RIGHT, REMAINDER LEFT – TURN | CSM | No. 1 platoon marker turns right, the remainder turn left. | The CSM specifies the number of paces to be taken by Nos. 2 and 3 platoon markers after completion of the left turn. |
| 5. | No. 1 PLATOON STAND FAST, REMAINDER QUICK – MARCH | CSM | No. 1 platoon marker stands fast, the remainder quick march the required distance and halt. | |
| 6. | No. 1 PLATOON STAND FAST, REMAINDER ABOUT – TURN | CSM | No. 1 platoon marker stands fast, the remainder about turn and cover off the No. 1 platoon marker. | The CSM, by wheeling, marches out six paces in front (right flank) of No. 1 platoon marker and ensures the markers are covered off. |
| 7. | MARKERS – STEADY | CSM | The markers stand fast. | The company is being formed in line. |

| Item | Command | By | Action | Remarks |
|------|-----------------------------------|-------------|--|---|
| 7a. | MARKERS LEFT – TURN | CSM | The markers turn left. | This order places the markers in line. The CSM then, by wheeling, assumes a position six paces in front of and facing the future centre of the company. |
| 8. | COMPANY FALL – IN | CSM | The PI WOs, together, come to attention, and turn about, facing their respective platoons. | |
| 9. | No. 1 PLATOON – ATTENTION | No. 1 PI WO | The platoon acts as ordered. | Nos. 2 and 3 PI WOs order their platoons to attention in succession, following No. 1 platoon. |
| 10. | No. 1 PLATOON RIGHT – TURN | No. 1 PI WO | The platoon acts as ordered. | Nos. 2 and 3 PI WOs order their platoons to turn in succession, following No. 1 platoon. |
| 11. | No. 1 PLATOON QUICK – MARCH | No. 1 PI WO | The platoon acts as ordered. | Nos. 2 and 3 PI WOs order their platoons to quick march in succession, following No. 1 platoon. |
| 12. | No. 1 PLATOON – HALT | No. 1 PI WO | The platoon halts on its marker. | Nos. 2 and 3 PI WOs order their platoons to quick march in succession, following No. 1 platoon. |
| 13. | No. 1 PLATOON ADVANCE LEFT – TURN | No. 1 PI WO | The platoon acts as ordered. | Nos. 2 and 3 WOs order their platoons to advance in succession, following No. 1 platoon. As the No. 3 PI WO gives the command Left – Turn all PI WOs will turn about and face the front together. |
| 14. | COMPANY OPEN ORDER – MARCH | CSM | The company acts as ordered. | |
| 15. | COMPANY RIGHT – DRESS | CSM | The company acts as ordered. | The cadet PI WOs shall turn about and observe the standard pause. No. 1 PI WO shall, by a series of wheels, move to the right flank as per dressing a platoon. The PI WO of Nos. 2 and 3 platoons |

| Item | Command | By | Action | Remarks |
|------|-------------------------|-----|-------------------------------|--|
| | | | | shall pace off the proper intervals between the platoon on their right and their own platoon and position their markers accordingly. |
| 16. | COMPANY EYES – FRONT | CSM | The company acts as ordered. | The PI WOs turn about. No. 1 PI WO, by a series of wheels, adopts the proper position in front of No 1 platoon. |
| 17. | REPORT YOUR PLATOONS | CSM | PI WOs report their platoons. | PI WOs, when reporting their platoons, shall call out in succession. |
| 18. | COMPANY STAND AT – EASE | CSM | The company acts as ordered. | CSM awaits the arrival of the Parade Commander (Pde Comd) and turns over control of the parade at that time. |

COMPANY IN LINE AND COMPANY IN COLUMN OF ROUTE DIAGRAMS



LEGEND

- Pde Comd
- CSM
- PI Comd
- PI WO

■ Marker

↑ Direction of Formation

□ Flag Party
 (Flag Party composition may vary, see Annex C)

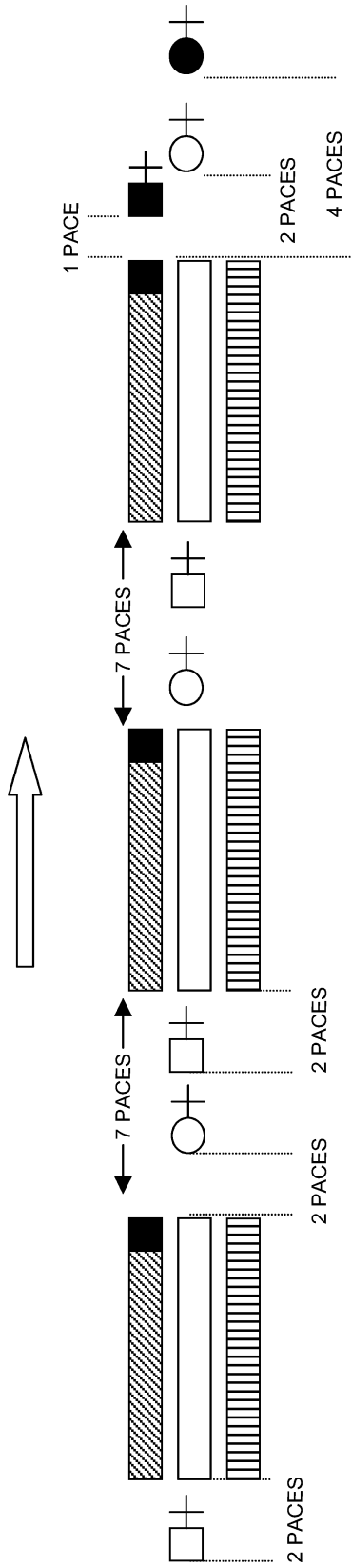
NOTES

1. The platoons are side by side on the same alignment, with a seven-pace interval between platoons.
2. Each platoon is formed as in platoon drill.
3. The Pde Comd is centred, three paces in front of the line of PI Comds.
4. The CSM (right guide) is one pace to the right of the No. 1 platoon marker, in line with the front rank.

IF APPLICABLE:

5. The DComd is in line with the PI Comd and three paces in front of the second single file from the right flank of the company.
6. The WO (left guide) is one pace to the left and of the left flank of the company, in line with the front rank.
7. Any supernumerary warrant officers and senior NCOs are evenly distributed across the rear of the platoons, in line with the PI WOs.

Figure 8B2-1 Company in Line



LEGEND

- +● Pde Comd
- +■ CSM
- +○ PI Comd
- +□ PI WO
- Marker
- ↑ Direction of Formation
- Flag Party (Flag Party composition may vary, see Annex C)

NOTES

1. The Pde Comd is centred two paces in front of the leading PI Comd.
2. The CSM (right guide) is one pace in front of the directing flank of the leading platoon.
3. Platoons are formed as per platoon formation, with the PI Comds two paces in front of the centre files of their platoons, and PI WOs are two paces behind their platoons in line with the PI Comds.

IF APPLICABLE:

4. When WOs and senior NCOs are present, they are one pace in rear of their respective platoons while the PI WOs concerned are one pace in rear of their normal positions to provide room.

Figure 8B2-2 Company in Column of Route

MARCHING ON AND MARCHING OFF THE FLAGS

THE CADET FLAG PARTY

Reference: A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.

Composition of Cadet Corps Flag Party

Reference: A0-002 Chapter 8, Section 2, paragraphs 1 to 2.

1. The composition of the Flag Party (one flag) may reflect one of the following:
 - a. cadet master warrant officer and two cadet warrant officers (escorts);
 - b. cadet warrant officer and two cadet sergeants (escorts); or
 - c. cadet sergeant and two cadet master corporals.

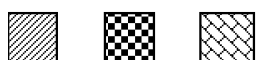


Figure 8C-1 One Flag With Escort

2. The composition of the Flag Party (two flags) may include two senior cadets and three escorts. These escorts should be of suitable drill ability and experience to bring credit to the unit.

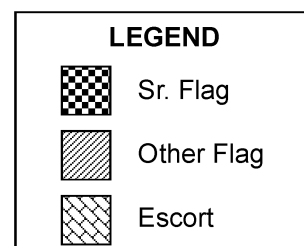
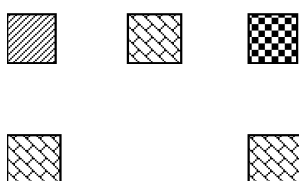


Figure 8C-2 Flag Party – Two Flags With Escort

3. The following points WRT Flag Parties shall be adhered to:
 - a. The term “Colour Party” is not to be used. Proper terminology for the formation is “Flag Party”.
 - b. The Flag Party commander is the senior cadet carrying the senior flag.
 - c. The National Flag, when carried, occupies the position of honour on the right, and is to be considered the senior flag.

MARCHING ON AND MARCHING OFF THE FLAG(S)

MARCHING ON THE FLAG(S)

| Item | Command | By | Action | Remarks |
|------|--|-----------------------|--|--|
| 1. | FLAG PARTY ATTEN – TION | Flag Party Comd | Flag Party shall act as ordered. | Cautionary command. The flag(s) shall be held at the carry while being marched on and off the parade. |
| 2. | FLAG PARTY – CARRY FLAGS | Flag Party Comd | Flag Party shall act as ordered. | When arms are carried on parade and the parade is given the command SLOPE – ARMS, the flag bearer(s) shall carry the flag(s) in time with the rifle movements. |
| 3. | MARCH ON THE FLAG(S) | Pde Comd | The Flag Party Comd shall have ordered the Flag Party to attention and to the carry position. | Formation shall be at the position of attention while flag(s) are being marched on. |
| 4. | FLAG PARTY | Flag Party Comd | | Precautionary command. |
| 5. | TO THE FLAG – SALUTE/PRESENT – ARMS | Pde Comd | Parade appointments shall salute on the last movement of the present if cadets are under arms. Cadets under arms shall present arms. | |
| 6. | BY THE CENTRE/ RIGHT QUICK – MARCH | Flag Party Comd | Flag Party shall march with the flags caught. | The Flag Party shall march across the front of the formation between the Pde Comd and the front rank, to the centre of the formation using a series of forms along a direct route from the flank, to its parade position. |
| 7. | CHANGE DIRECTION LEFT/ RIGHT LEFT/ RIGHT – FORM | Flag Party Comd | The Flag Party shall act as ordered. | An inexperienced Flag Party may use a well-executed wheel. |
| 8. | FOR – WARD | Flag Party Comd | The Flag Party shall act as ordered. | |
| 9. | COUNTER – MARCH | Flag Party Comd | The Flag Party shall act as ordered. | The Flag Party shall march to the rear of the formation, |

| Item | Command | By | Action | Remarks |
|------|--|-----------------|--------------------------------------|---|
| | | | | counter march and move forward to its parade position. |
| 10. | FLAG PARTY – HALT | Flag Party Comd | The Flag Party shall act as ordered. | <p>Company in Line: The flag shall be positioned in the centre as follows:</p> <p><i>One flag.</i> In line with the front rank and the escort in line with the front rank.</p> <p><i>Two flags.</i> Flags and senior escort in line with front rank. Junior escorts in line with rear rank.</p> |
| 11. | FLAG PARTY TO THE FLAG – SALUTE/PRESENT ARMS | Flag Party Comd | | Upon halting in its parade position and if the escorts are under arms the command is <i>present arms.</i> |
| 12. | PARADE ATTENTION | Pde Comd | | Once the Flag Party is in position and at the salute/present. |

MARCHING OFF THE FLAG(S)

| Item | Command | By | Action | Remarks |
|------|---|-----------------|-----------------------------|---|
| 1. | MARCH OFF THE FLAG(S) | Pde Comd | | Formation shall be at the position of attention, flag(s) at the carry. |
| 2. | FLAG PARTY | Flag Party Comd | | Cautionary command. |
| 3. | TO THE FLAG(S) – SALUTE | Pde Comd | Formation acts as ordered. | |
| 4. | BY THE CENTRE/ RIGHT QUICK – MARCH | Flag Party Comd | Flag Party acts as ordered. | The Flag Party shall march by a series of forms to a position to the left or right of the formation. Flag Party Comd is to wait until the Pde Comd has given the command to the salute prior to stepping off. |
| 5. | CHANGE DIRECTION LEFT/ RIGHT LEFT/ RIGHT – FORM | Flag Party Comd | Flag Party acts as ordered. | The Flag Party, by a series of forms, shall march off the parade ground to the left or right. |
| 6. | FOR – WARD | Flag Party Comd | Flag Party acts as ordered. | |
| 7. | ATTEN – TION | Pde Comd | Formation acts as ordered. | Given after the Flag Party has left the parade ground. |
| 8. | FLAG PARTY HALT | Flag Party Comd | Flag Party acts as ordered. | The Flag Party shall halt at an appropriate area. Proper compliments are paid to the flag at all times. |
| 9. | FLAG PARTY ORDER – FLAGS | Flag Party Comd | Flag Party acts as ordered. | |
| 10. | FLAG PARTY STAND AT – EASE | Flag Party Comd | Flag Party acts as ordered. | |

MARCHING ON AND MARCHING OFF THE FLAGS DIAGRAMS

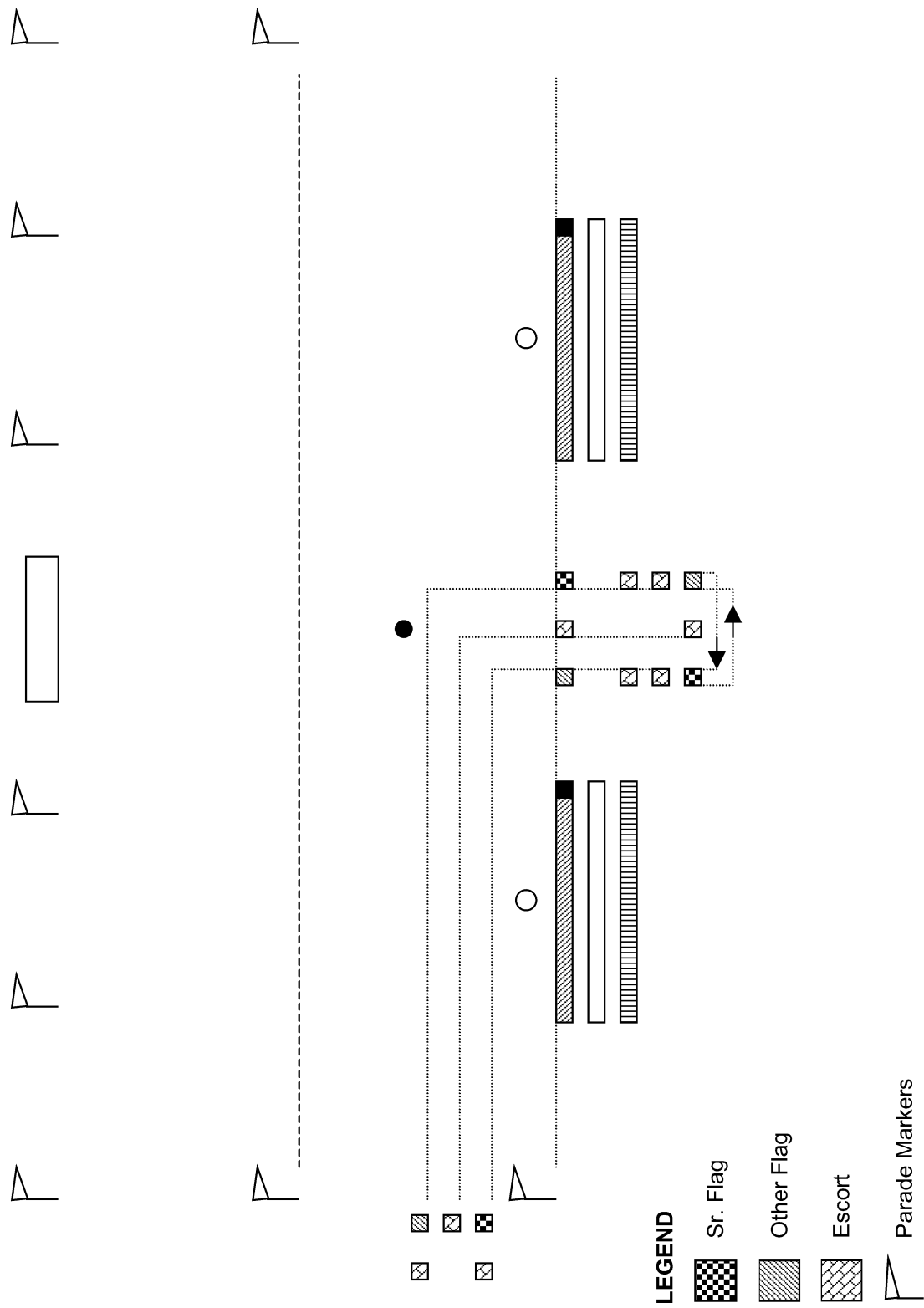


Figure 8C2-1 Marching On the Flags

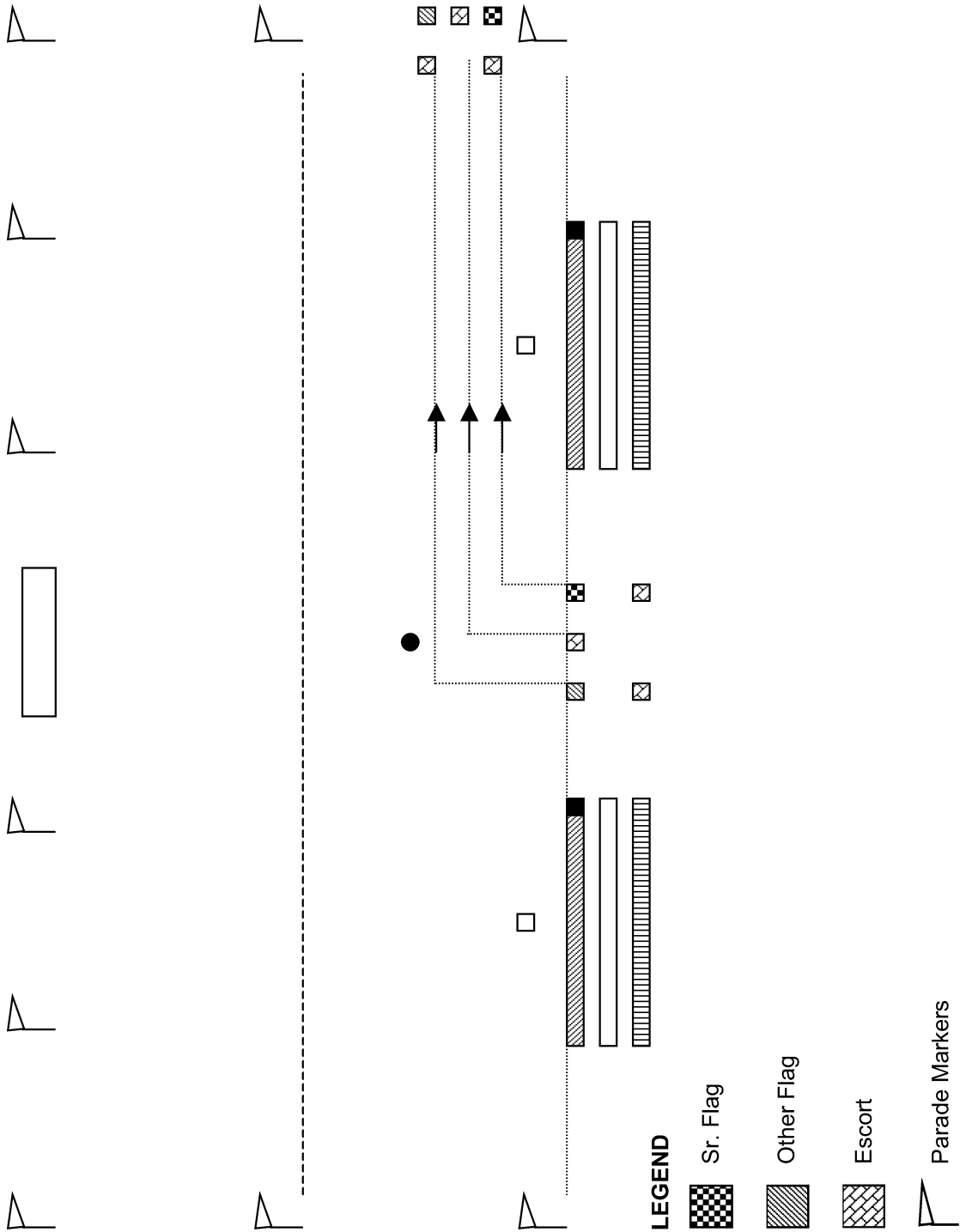


Figure 8C2-2 Marching Off the Flags

ANNUAL CEREMONIAL REVIEW PARADE SEQUENCE OF EVENTS

Reference: A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*, Chapter 9, Section 2. Ottawa, ON: The Department of National Defence.

| Item | Command | By | Action | Remarks |
|------|--|-----|--|---|
| 1. | | | The CSM marches to, and halts, in a position three paces to the left and facing the position to be occupied by the marker of No. 1 platoon. | The platoons are normally positioned at the edge of the parade ground, standing easy. The CSM shall face the future position of the front rank if the company is to form up in line, and the right flank if the company is to form up in close column of platoon. |
| 2. | MARKERS | CSM | The platoon markers come to attention, and march onto the parade ground. The marker of No. 1 platoon halts three paces in front of and facing the CSM. The remainder halt on the left of the No. 1 platoon marker and dress to the right at shoulder dressing. Upon completion of dressing, they look to the front in succession from the right. The markers remain at attention. | Platoons formed on the edge of the parade ground adopt the stand at ease position. Standard pauses are observed between drill movements completed by the markers. |
| 3. | MARKERS – NUMBER | CSM | Markers number in succession from the right, e.g. ONE, TWO, etc. | |
| 4. | No. 1 PLATOON RIGHT, REMAINDER LEFT – TURN | CSM | No. 1 platoon marker turns right, the remainder turn left. | The CSM specifies the number of paces to be taken by Nos. 2 and 3 platoon markers after completion of the left turn. |
| 5. | No. 1 PLATOON STAND FAST, REMAINDER QUICK – MARCH | CSM | No. 1 platoon marker stands fast, the remainder quick march the required distance and halt. | |
| 6. | No. 1 PLATOON STAND FAST REMAINDER ABOUT – TURN | CSM | No. 1 platoon marker stands fast, the remainder about turn and cover off the No. 1 platoon marker. | The CSM, by wheeling, marches out six paces in front (right flank) of No. 1 platoon marker and ensures the markers are covered off. |

| Item | Command | By | Action | Remarks |
|------|-----------------------------------|-------------|---|---|
| 7. | MARKERS – STEADY | CSM | The markers stand fast. | The company is being formed in line. |
| 7a. | MARKERS LEFT – TURN | CSM | The markers turn left. | This order places the markers in line. The MWO then, by wheeling, positions himself six paces in front of and facing the future centre of the company. |
| 8. | COMPANY FALL – IN | CSM | The PI WOs come to attention, about turn, facing their respective platoon together. | |
| 9. | No. 1 PLATOON ATTEN – TION | No. 1 PI WO | The platoon acts as ordered. | Nos. 2 and 3 PI WOs order their platoons to attention in succession, following No. 1 platoon. |
| 10. | No. 1 PLATOON RIGHT – TURN | No. 1 PI WO | The platoon acts as ordered. | Nos. 2 and 3 PI WOs order their platoons to turn in succession, following No. 1 platoon. |
| 11. | No. 1 PLATOON QUICK – MARCH | No. 1 PI WO | The platoon acts as ordered. | Nos. 2 and 3 PI WOs order their platoons to quick march in succession, following No. 1 platoon. |
| 12. | No. 1 PLATOON HALT | No. 1 PI WO | The platoon halts on its marker. | Nos. 2 and 3 PI WOs order their platoons to quick march in succession, following No. 1 platoon. |
| 13. | No. 1 PLATOON ADVANCE LEFT – TURN | No. 1 PI WO | The platoon acts as ordered. | Nos. 2 and 3 WOs order their platoons to advance in succession, following No. 1 platoon. As the No. 3 PI WO gives the command LEFT – TURN all PI WOs will turn about and face the front together. |
| 14. | COMPANY OPEN ORDER – MARCH | CSM | The company acts as ordered. | |
| 15. | COMPANY RIGHT – DRESS | CSM | The company acts as ordered. | The cadet PI WOs shall turn about and observe the standard pause. No. 1 PI WO shall, by a series of wheels, move to the right flank as per |

| Item | Command | By | Action | Remarks |
|------|--------------------------|-----------------|---|---|
| | | | | dressing a platoon. The PI WO of Nos. 2 and 3 platoons shall pace off the proper intervals between the platoon on their right and their own platoon and position their markers accordingly. |
| 16. | COMPANY EYES – FRONT | CSM | The company acts as ordered. | The PI WOs turn about. No 1 PI WO, by a series of wheels, adopts the proper position in front of No. 1 platoon. |
| 17. | REPORT YOUR PLATOONS | CSM | PI WOs report their platoons. | PI WOs, when reporting their platoons, shall call out in succession: No. 1 PLATOON; No. 2 PLATOON; and No. 3 PLATOON. |
| 18. | COMPANY STAND AT – EASE | CSM | The company acts as ordered. | CSM awaits the arrival of the Parade Commander (Pde Comd) and turns over control of the parade at that time. |
| 19. | COMPANY ATTENTION | CSM | Company acts as ordered. | Given as the Pde Comd approaches. |
| 20. | PARADE STAND AT – EASE | Pde Comd | Parade acts as ordered. | The formation shall hereafter be referred to as “Parade”. |
| 21a. | PARADE ATTENTION | Pde Comd | Parade acts as ordered. Pde Comd turn about upon completion of the movement by the parade, | Simultaneously, the Flag Party is carrying out commands 21b. and 21c. |
| 21b. | FLAG PARTY ATTENTION | Flag Party Comd | Flag Party shall act as ordered. | Cautionary command. The flag(s) shall be held at the carry while being marched on and off the parade. |
| 21c. | FLAG PARTY – CARRY FLAGS | Flag Party Comd | Flag Party shall act as ordered. | When arms are carried on parade and the parade is given the command SLOPE – ARMS, the flag bearer(s) shall carry the flag(s) in time with the rifle movements. |
| 22. | MARCH ON THE FLAG(S) | Pde Comd | The Flag Party Comd shall have ordered the Flag Party to attention and to the carry position. | Formation shall be at the position of attention while flag(s) are being marched on. |

| Item | Command | By | Action | Remarks |
|------|---|-----------------|--|--|
| 23. | FLAG PARTY | Flag Party Comd | | Precautionary command. |
| 24. | TO THE FLAG – SALUTE/PRESENT ARMS | Pde Comd | Parade appointments shall salute on the last movement of the present if cadets are under arms. Cadets under arms shall present arms. | |
| 25. | BY THE CENTRE/ RIGHT QUICK – MARCH | Flag Party Comd | Flag Party shall march with the flags caught. | The Flag Party shall march across the front of the formation between the Pde Comd and the front rank, to the centre of the formation using a series of forms along a direct route from the flank, to its parade position. |
| 26. | CHANGE DIRECTION LEFT/ RIGHT LEFT/ RIGHT – FORM | Flag Party Comd | The Flag Party shall act as ordered. | An inexperienced Flag Party may use a well-executed wheel. |
| 27. | FOR – WARD | Flag Party Comd | The Flag Party shall act as ordered. | |
| 28. | COUNTER – MARCH | Flag Party Comd | The Flag Party shall act as ordered. | The Flag Party shall march to the rear of the formation, counter march and move forward to its parade position. |
| 29. | FLAG PARTY – HALT | Flag Party Comd | The Flag Party shall act as ordered. | Company in Line: The flag shall be positioned in the centre as follows: <i>One flag.</i> In line with the front rank and the escort in line with the front rank. <i>Two flags.</i> Flags and senior escort in line with front rank. Junior escorts in line with rear rank. |
| 30. | FLAG PARTY TO THE FLAG – SALUTE/PRESENT ARMS | Flag Party Comd | | Upon halting in its parade position and if the escorts are under arms the command is present arms. |

| Item | Command | By | Action | Remarks |
|------|---|----------|---|---|
| 31. | PARADE ATTEN – TION | Pde Comd | | Once the Flag Party is in position and at the salute/ present. |
| 32a. | PARADE STAND AT – EASE | Pde Comd | Formation shall act as ordered. | Awaiting the arrival of the reviewing officer. |
| 32b. | PARADE STAND – EASY | Pde Comd | Formation shall act as ordered. | Given if the wait for the reviewing party becomes extended. |
| 33. | PARADE ATTEN – TION | Pde Comd | Formation shall act as ordered. | Given as the reviewing officer and party approach the parade ground. |
| 34. | GENERAL SALUTE – SALUTE | Pde Comd | Formation acts as ordered. Upon completion of the salute the Pde Comd shall report to the reviewing officer that the corps is ready for inspection. The Pde Comd will then turn and accompany the reviewing officer on the inspection. See Figure 8D2-1 for the composition of inspection party and route. Upon the completion of the inspection the Pde Comd shall accompany the reviewing officer to the dais and request permission to carry on. | When the reviewing officer has taken up position on the dais the Pde Comd shall order the appropriate salute. If the reviewing officer is a distinguished civilian not listed in Ref: A0-002, Chapter 13, Honours, Flags and Heritage Structure of the CF, the word of command will be GENERAL SALUTE – SALUTE. An appropriate 8 bars of music may be played. If arms are not carried on parade all parade appts salute, cutting their arms to the side after a standard pause after the last note of music. If a band is not available the salute is completed with a standard pause between movements or upon the order ATTEN – TION. |
| 35. | PARADE CLOSE ORDER – MARCH | Pde Comd | Formation shall act as ordered. | |
| 36. | PARADE SHALL MARCH PAST IN COLUMN OF ROUTE. MOVE TO THE RIGHT IN COLUMN OF ROUTE RIGHT – TURN | Pde Comd | Formation shall act as ordered. | The size of the formation shall dictate the command sequence for the march past. Platoon size formation shall act on the commands of the Pde Comd. Larger formations shall act on the command in succession by platoon. |

| Item | Command | By | Action | Remarks |
|------|---|-----------------------|-------------------------------------|--|
| 37. | FLAG PARTY AT THE HALT CHANGE DIRECTION RIGHT: RIGHT – FORM | Flag Party Comd | Flag Party shall act as ordered. | |
| 38. | PARADE BY THE LEFT QUICK – MARCH | Pde Comd | Formation shall act as ordered. | Pde Comd to wait until the Flag Party has occupied its position. The size of the formation shall dictate the command sequence for the march past. Platoon size formation shall act on the commands of the Pde Comd. Larger formations shall act on the command in succession by platoon/company. |
| 39. | PARADE (IN SUCCESSION OF PLATOONS/ COMPANIES) EYES – RIGHT | Pde Comd | Formation shall act as ordered. | Given as the Pde Comd reaches marker C. In platoon formations, there is no requirement for successive commands and the platoon will act on the command of the Pde Comd. In a larger formation, the commands shall be given successively and the Pde Comd shall move with the word of command of the first sub-unit. |
| 40. | PARADE (IN SUCCESSION OF PLATOONS/ COMPANIES) EYES – FRONT | Pde Comd | Formation shall act as ordered. | Given as the rear of the formation reaches marker D. In platoon formations, there is no requirement for successive commands and the platoon will act on the command of the Pde Comd. In a larger formation, the commands shall be given successively and the Pde Comd shall move with the word of command of the first sub-unit. |
| 41. | PARADE – HALT | Pde Comd | Formation shall act as ordered. | The formation shall be marched onto the appropriate line. |
| 42. | PARADE WILL ADVANCE INTO | Pde Comd | Formation shall act as ordered. | Parade positions shall turn, observe the standard pause, |

| Item | Command | By | Action | Remarks |
|------|--|-----------------------|--|---|
| | LINE ADVANCE LEFT – TURN | | | and then march by a series of wheels to their positions. |
| 43. | FLAG PARTY AT THE HALT CHANGE DIRECTION LEFT LEFT – TURN | Flag Party Comd | Flag Party shall act as ordered. | |
| 44. | PARADE OPEN ORDER – MARCH | Pde Comd | Formation shall act as ordered. | |
| 45. | PARADE RIGHT (INWARDS) – DRESS | Pde Comd | Formation shall act as ordered. | CSM is to dress only the front rank. |
| 46. | PARADE EYES – FRONT | Pde Comd | Formation shall act as ordered. The Pde Comd shall report to the reviewing officer and ask permission to stand the parade at ease for the presentations and awards. Upon completion of the aforementioned the Pde Comd shall request permission to carry on. | |
| 47a. | PARADE STAND AT – EASE | Pde Comd | Formation acts as ordered. | Presentation and awards shall be issued at this time. Upon completion of the awards the formation shall be marched off the parade ground and any demonstrations and displays shall be conducted. The reviewing officer address is to take place once the formation has reformed on the parade ground (see commands 47b. to 47o.). |
| 47b. | PARADE ATTEN – TION | Pde Comd | Formation shall act as ordered. | |
| 47c. | PARADE MOVE TO THE RIGHT/ LEFT IN THREES – RIGHT/LEFT TURN | Pde Comd | Formation shall act as ordered. | |
| 47d. | PARADE BY THE LEFT/RIGHT QUICK – MARCH | Pde Comd | Formation shall act as ordered. | The formation shall march off the parade ground to a designated position |

| Item | Command | By | Action | Remarks |
|------|--|----------|---------------------------------|--|
| | | | | and prepare for the demonstrations and display portion of the review. |
| 47e. | PARADE – HALT | Pde Comd | Formation shall act as ordered. | |
| 47f. | PARADE WILL ADVANCE INTO LINE LEFT – TURN | Pde Comd | Formation shall act as ordered. | |
| 47g. | PARADE TO YOUR DUTIES DIS – MISSED | Pde Comd | Formation shall act as ordered. | Formation shall be dismissed for the demonstration and display portion of the review. |
| 47h. | PARADE FALL – IN | Pde Comd | Formation shall act as ordered. | Formation members shall occupy their positions as per the dismissal formation. |
| 47i. | PARADE ATTEN – TION | Pde Comd | Formation shall act as ordered. | |
| 47j. | PARADE MOVE TO THE RIGHT/LEFT IN COLUMN OF THREES RIGHT/ LEFT – TURN | Pde Comd | Formation shall act as ordered. | |
| 47k. | PARADE BY THE LEFT QUICK – MARCH | Pde Comd | Formation shall act as ordered. | Formation shall march onto the parade ground on the appropriate line for the advance. |
| 47l. | PARADE HALT | Pde Comd | Formation shall act as ordered. | |
| 47m. | PARADE WILL ADVANCE INTO LINE LEFT/RIGHT – TURN . | Pde Comd | Formation shall act as ordered. | |
| 47n. | PARADE RIGHT/ INWARDS – DRESS | Pde Comd | Formation shall act as ordered. | Front rank only to be dressed. |
| 47o. | PARADE EYES FRONT | Pde Comd | Formation shall act as ordered. | As per dressing a formation. |
| 48. | PARADE SHALL ADVANCE IN REVIEW ORDER BY THE CENTRE QUICK – MARCH | Pde Comd | Formation shall act as ordered. | The advance shall normally be 15 paces. A seven-pace advance shall be conducted if there is insufficient space for a normal advance. |

| Item | Command | By | Action | Remarks |
|-------------|---|------------------|---------------------------------|---|
| 49. | PARADE GENERAL SALUTE – SALUTE | Pde Comd | Formation shall act as ordered. | The Pde Comd shall wait for the reviewing officer to depart the parade ground. |
| 50. | MARCH OFF THE FLAG(S) | Pde Comd | | Formation shall be at the position of attention, flag(s) at the carry. |
| 51. | FLAG PARTY | Flag Party Comd | | Cautionary command. |
| 52. | TO THE FLAG(S) – SALUTE | Pde Comd | Formation acts as ordered. | |
| 53. | BY THE CENTRE/ RIGHT QUICK – MARCH | Flag Party Comd | Flag Party acts as ordered. | The Flag Party shall march by a series of forms to a position to the left or right of the formation. Flag Party Comd is to wait until the Pde Comd has given the command to the salute prior to stepping off. |
| 54. | CHANGE DIRECTION LEFT/ RIGHT LEFT/ RIGHT – FORM | Flag Party Comd | Flag Party acts as ordered. | The Flag Party, by a series of forms, shall march off the parade ground to the left or right. |
| 55. | FOR – WARD | Flag Party Comd | Flag Party acts as ordered. | |
| 56. | ATTEN – TION | Pde Comd | Formation acts as ordered. | Given after the Flag Party has left the parade ground. |
| 57. | FLAG PARTY HALT | Flag Party Comd | Flag Party acts as ordered. | The Flag Party shall halt at an appropriate area. Proper compliments are paid to the flag at all times. |
| 58. | FLAG PARTY ORDER – FLAGS | Flag Party Comdd | Flag Party acts as ordered. | |
| 59. | FLAG PARTY STAND AT – EASE | Flag Party Comd | Flag Party acts as ordered. | |
| 60. | PARADE MOVE TO RIGHT/LEFT IN | Pde Comd | Formation shall act as ordered. | The formation shall march by the most direct route to the designated dismissal area. |

| Item | Command | By | Action | Remarks |
|------|--|-------------|------------------------------------|--|
| | THREES – RIGHT/ LEFT TURN | | | |
| 61. | BY THE RIGHT/ LEFT QUICK – MARCH | Pde Comd | Formation shall act as ordered. | |
| 62. | PARADE – HALT | Pde Comd | Formation shall act as ordered. | |
| 63. | PARADE ADVANCE LEFT – TURN | Pde Comd | Formation shall act as ordered. | The formation, upon arrival at the dismissal area, shall carry on as per established parade procedures. |
| 64. | PARADE DIS – MISSED | Pde Comd | Formation shall act as ordered. | |

PARADE FORMATION WITH FLAG PARTY

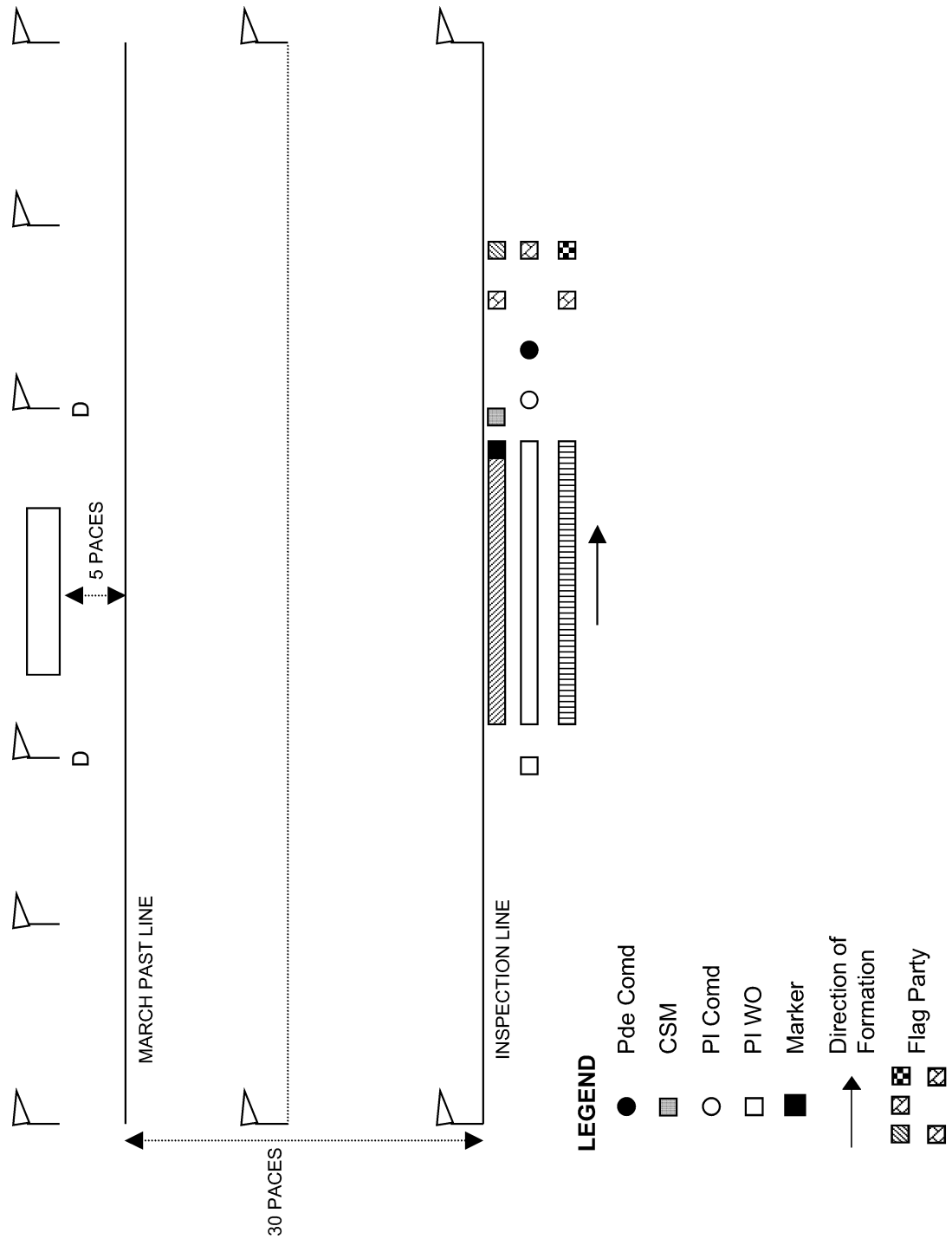


Figure 8D1-1 Platoon Parade Formation With Flag Party in Column of Route

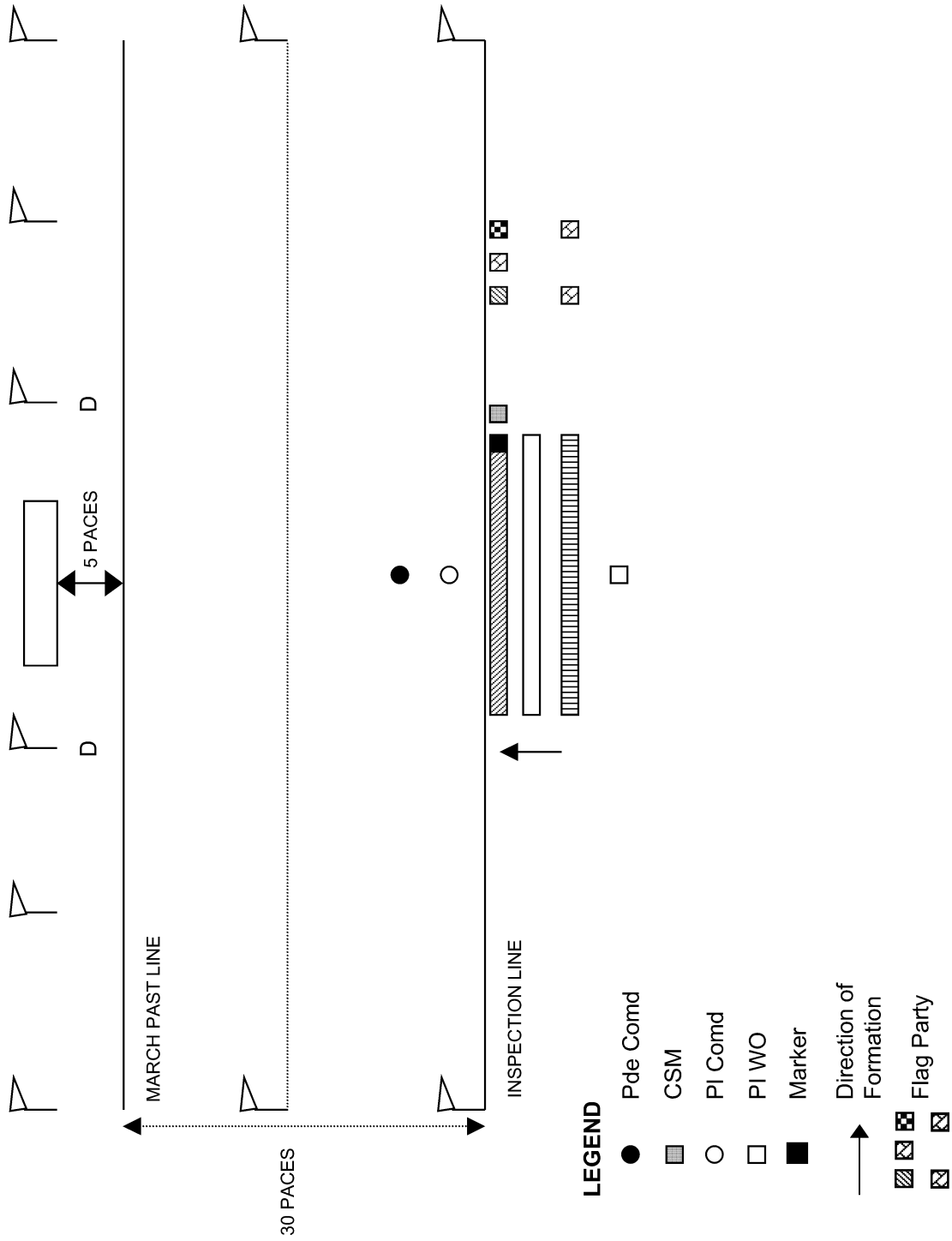


Figure 8D1-2 Platoon Parade Formation With Flag Party Platoon in Line

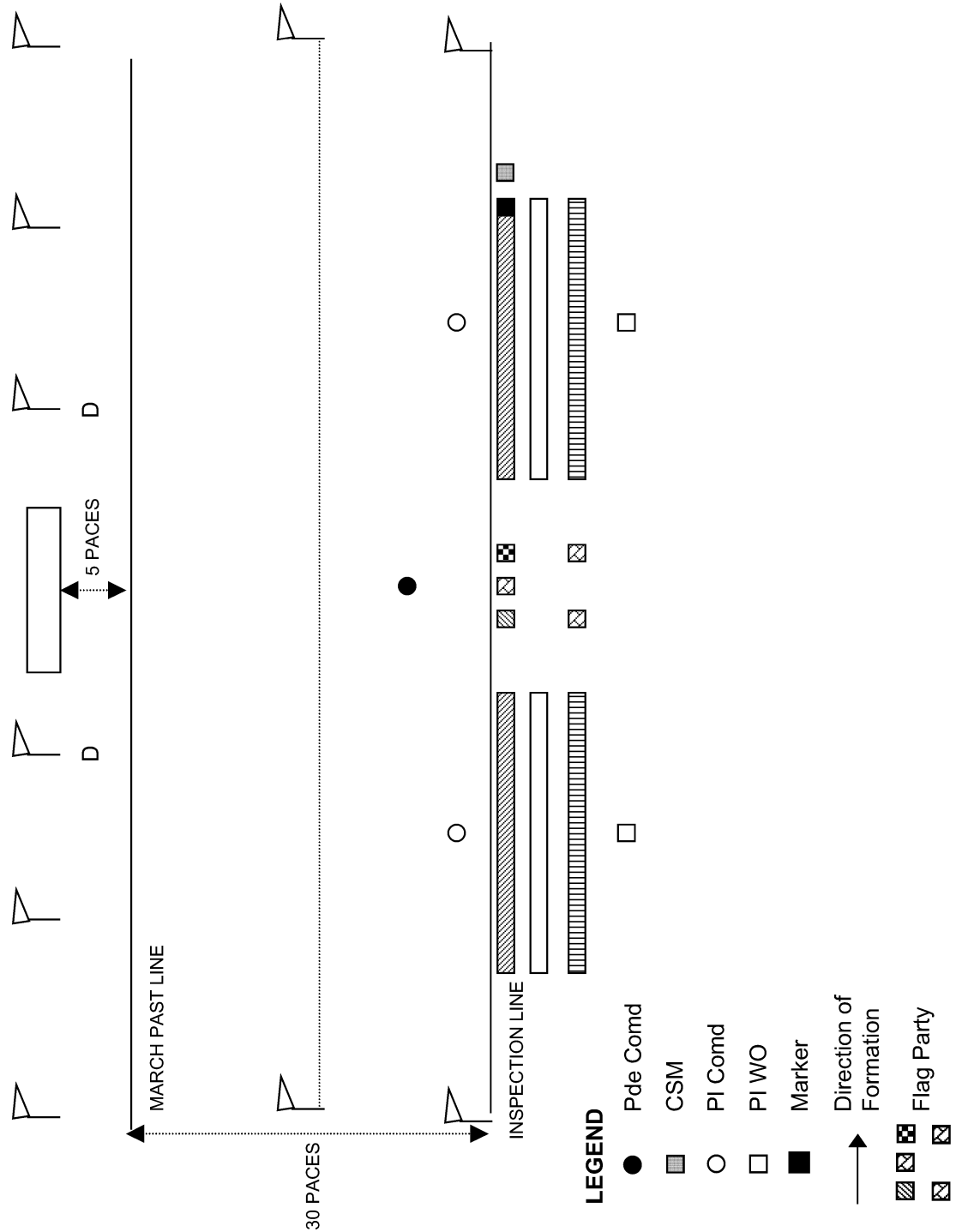


Figure 8D1-3 Company Parade Formation With Flag Party Company in Line

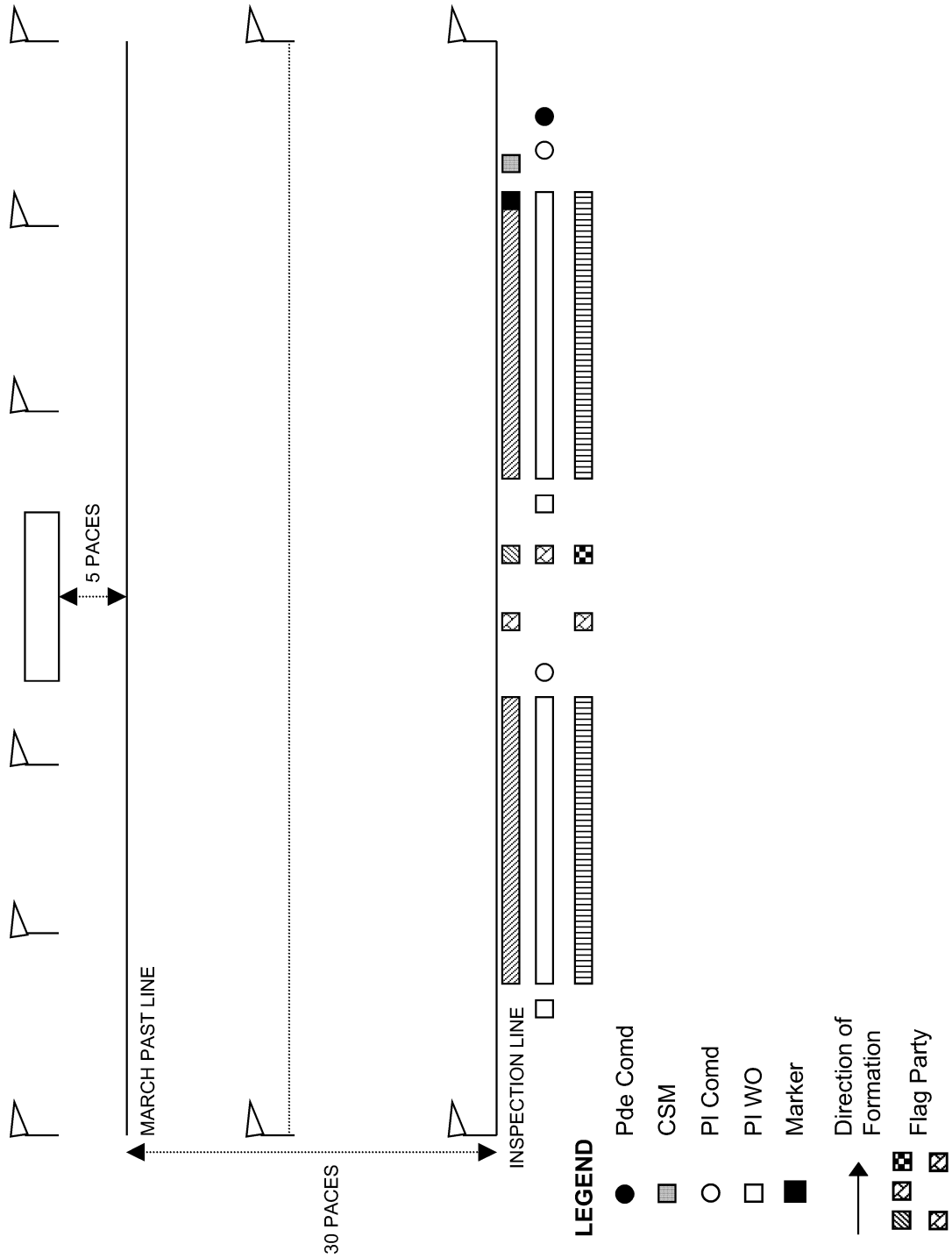


Figure 8D1-4 Company Parade Formation With Flag Party Company in Column of Route

THE INSPECTION

Inspections are carried out at the open order. As the inspecting party approaches the formation that has been ordered to stand fast, the formation commander turns right and marches to a position three paces in front of the formation marker, where the commander shall salute the officer or dignitary and report the platoon.

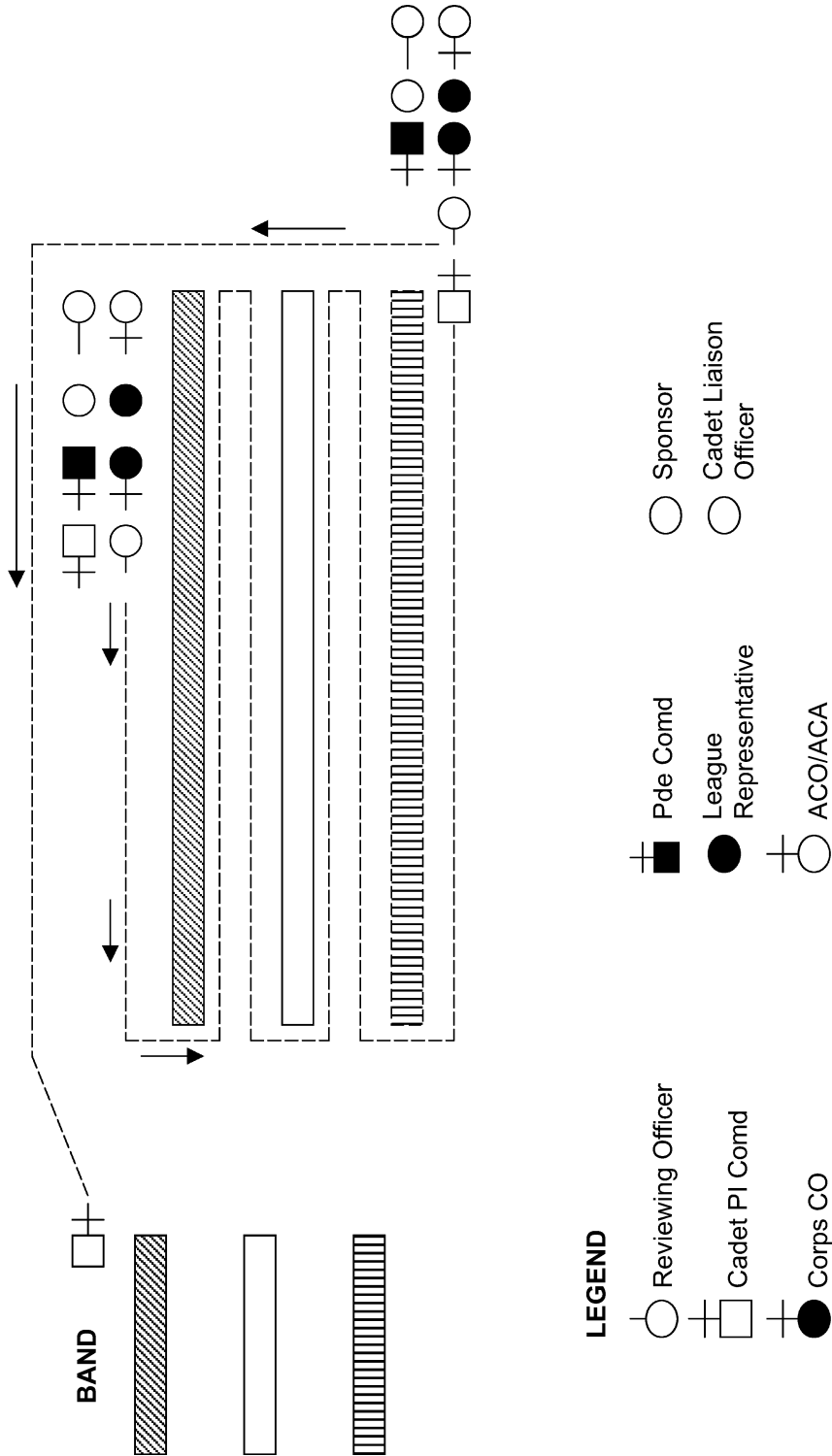


Figure 8D2-1 The Inspection

RECEPTION OF AWARDS OR PRESENTATIONS

Reference: A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.

1. Falling Out and In of Ranks

- a. The formation shall be at the open order whenever individuals will be required to fall out.
- b. The person ordered to fall out shall come to attention and, after observing the standard pause, shall march, wheeling immediately, to the right flank of the rank. The person shall then proceed in the required direction by the shortest route, being sure not to proceed in front, or within the ranks of another sub-unit.
- c. Following reception of the award or presentation, the individual marches to the left flank of the formation and returns to his or her original position by marching in rear of the desired rank, wheeling into the original position, and halting. The individual shall pick up the dressing of the formation and either remain at attention, or stand at ease as required.

2. Reporting

- a. When reporting to an officer or dignitary, the following procedure shall be observed:
 - (1) March forward, halting two paces in front of the officer or dignitary.
 - (2) Salute, remain at attention, await acknowledgement.
 - (3) Deliver the message, receive instructions, etc. (see paragraph 1.b.).
 - (4) Salute, await acknowledgement.
 - (5) Turn right and return to original position within the ranks of the formation.
- b. When receiving a decoration, the person shall take one pace forward to receive the award, and one pace back following the presentation.

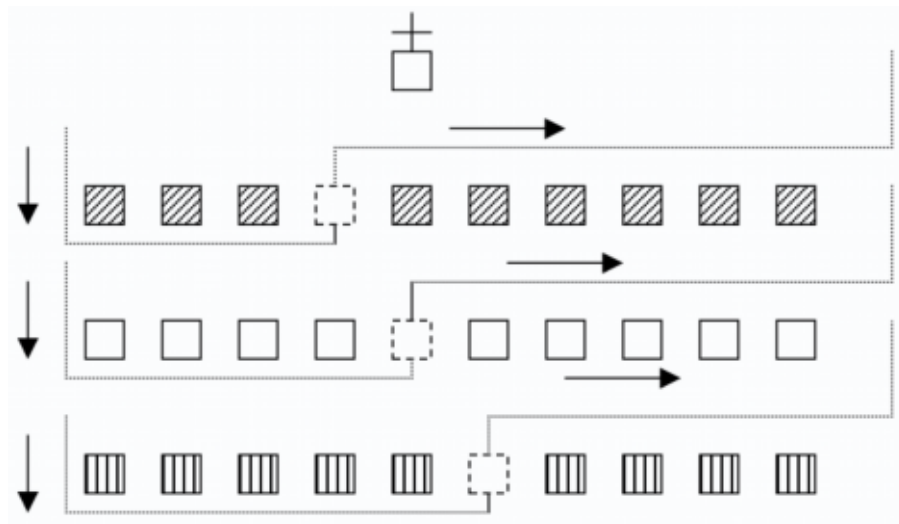


Figure 8D3-1 Falling Out/In of Formation

3. Group Presentation of Awards

- a. When reporting to an officer or dignitary for a group presentation, the following procedure shall be observed:
 - (1) Fall out in accordance with Figure 8D3-1.
 - (2) The first individual to arrive shall halt two paces in front of the officer or dignitary.
 - (3) The remainder shall halt one pace to the right of and in line with the person on the right.
 - (4) On the arrival of the last person, all shall observe the standard pause.
 - (5) All shall salute.
- b. Once all awards have been issued, all salute, turn right and march by a direct route back into their appropriate formation in accordance with Figure 8D3-1.

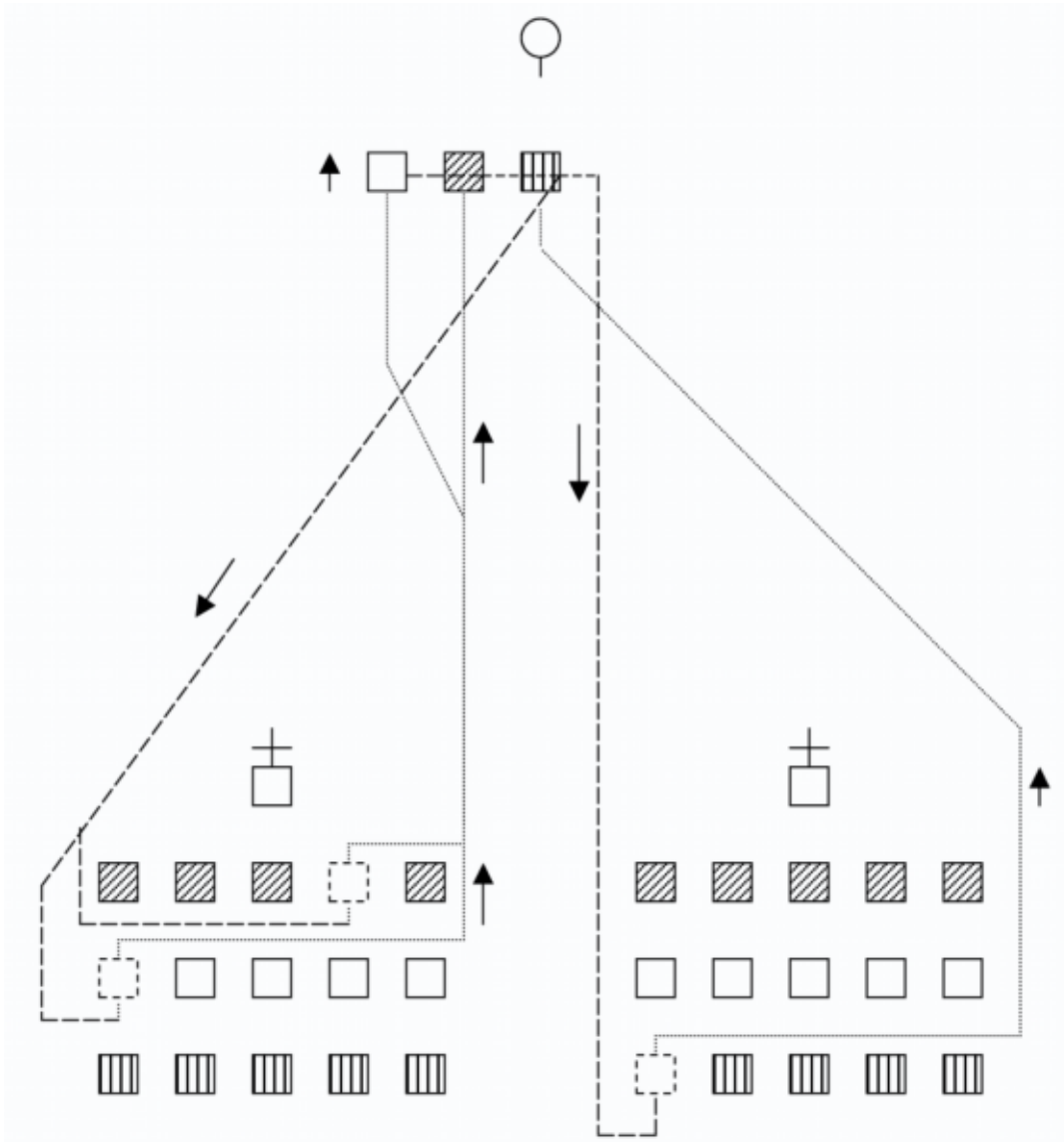
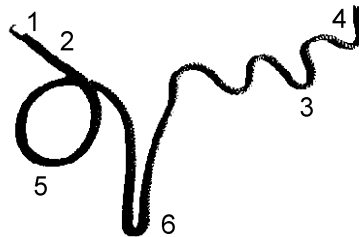


Figure 8D3-2 Reporting

HANDOUT – EO M121.03 GLOSSARY

| | |
|----------------------|--|
| Bight | Middle part of a length of rope. This term also refers to a loop of rope that does not cross over itself. |
| Chafe | Wear caused by abrasion. |
| Coil | Rope made up in a neat series of circles usually for storage purposes. |
| Cordage | General term to cover all sorts and sizes of rope. |
| Crossing Turn | A circle of rope made with the rope crossing over itself. |
| Eye | The hole inside a circle of rope; a permanent loop made at the end of a rope. |
| Mildew | Any fungus that attacks ropes when exposed to damp, resulting in a thin, furry, whitish coating or discoloration. |
| Standing End | The end of the rope not immediately being used in the tying of a knot. |
| Standing Part | Part of the rope that usually “stands still” during the knot tying process. Often it is the longer end that leads away from the loop, bight or knot. |
| To Tar | To cover a rope with a thick, sticky, brown to black liquid with a pungent odour, obtained by the destructive distillation of wood, coal, peat, shale, etc., to extend its life. |
| Working End | The very end of the rope that is used during the tying of the knot. Also called “running end.” |
| Working Part | The short length of rope that is manipulated to make the knot. Also called “running part.” |

HANDOUT – KNOTS, HITCHES AND LASHINGS



Pocket Guide to Knots and Splices, by Des Pawson, 1991

Figure 10B-1 Parts of a Rope

1. **Working End (running end).** The end of the rope that is used during the tying of the knot.
2. **Working Part (running part).** The short length of rope that is manipulated to make the knot.
3. **Standing Part.** Part of the rope that usually “stands still” during the knot tying process. Often it is the longer end that leads away from the loop, bight or knot.
4. **Standing End.** The end of the rope not immediately being used in the tying of a knot.
5. **Loop (crossing turn).** A circle created in the process of tying a knot.
6. **Bight.** Middle part of a length of rope. This term also refers to a loop of rope that does not cross over itself.

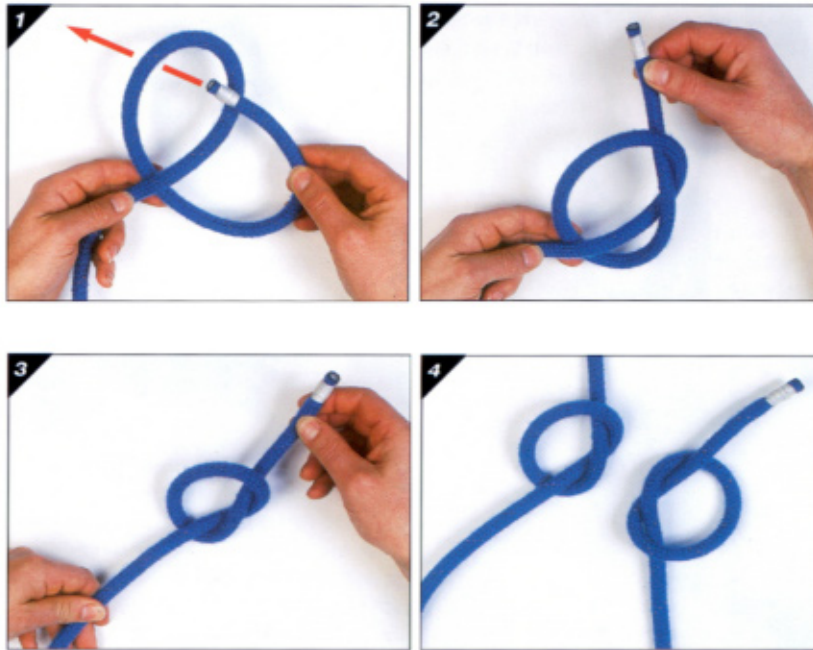


These web pages have some excellent animated knots:

- <http://www.mistral.co.uk/42brghtn/knots/42ktmenu.html>
- <http://www.korpegard.se>

THUMB KNOT

- **Other names:** Overhand knot, simple knot.
- **Uses:** Keep the end of a rope from unravelling or to stop a rope from passing through an eye.
- **Qualities:** Easy to make, stays in place.
- **Faults:** It is difficult to untie. An overhand knot in the middle of a length of rope will reduce the strength of the rope by about half.
- **Procedure:**
 1. Form a loop with the working end passing under the standing part of the rope (see Figure 10B-2, Step 1).
 2. Tuck the working end down through the middle of the loop formed by the crossing turn and out of the loop (see Figure 10B-2, Step 2).
 3. Pull both ends to tighten the knot. As it is being tightened the position of the knot can be moved nearer the end if so required (see Figure 10B-2, Step 3).



Pocket Guide to Knots and Splices, by Des Pawson, 1991

Figure 10B-2 Thumb Knot

REEF KNOT

- **Other names:** Square knot, opposite knot.
- **Uses:** Joining two ropes of equal thickness. Also used in first aid for tying bandages.
- **Qualities:** Lies flat, holds well and is easily untied.
- **Procedure:**
 1. Take the running ends of two different ropes and place the left-hand working end across the right working end (see Figure 10B-3, Step 1).
 2. Tuck the left-hand end under, and back up over the right end (see Figure 10B-3, Step 2).
 3. Bring the two ends together again and place the right-hand end over the left-hand end.
 4. (see Figure 10B-3, Step 3).
 5. Tuck the right-hand end under and back up over the left-hand end (see Figure 10B-3, Step 4).
 6. Dress the knot by pulling on both ends (see Figure 10B-3, Step 5).

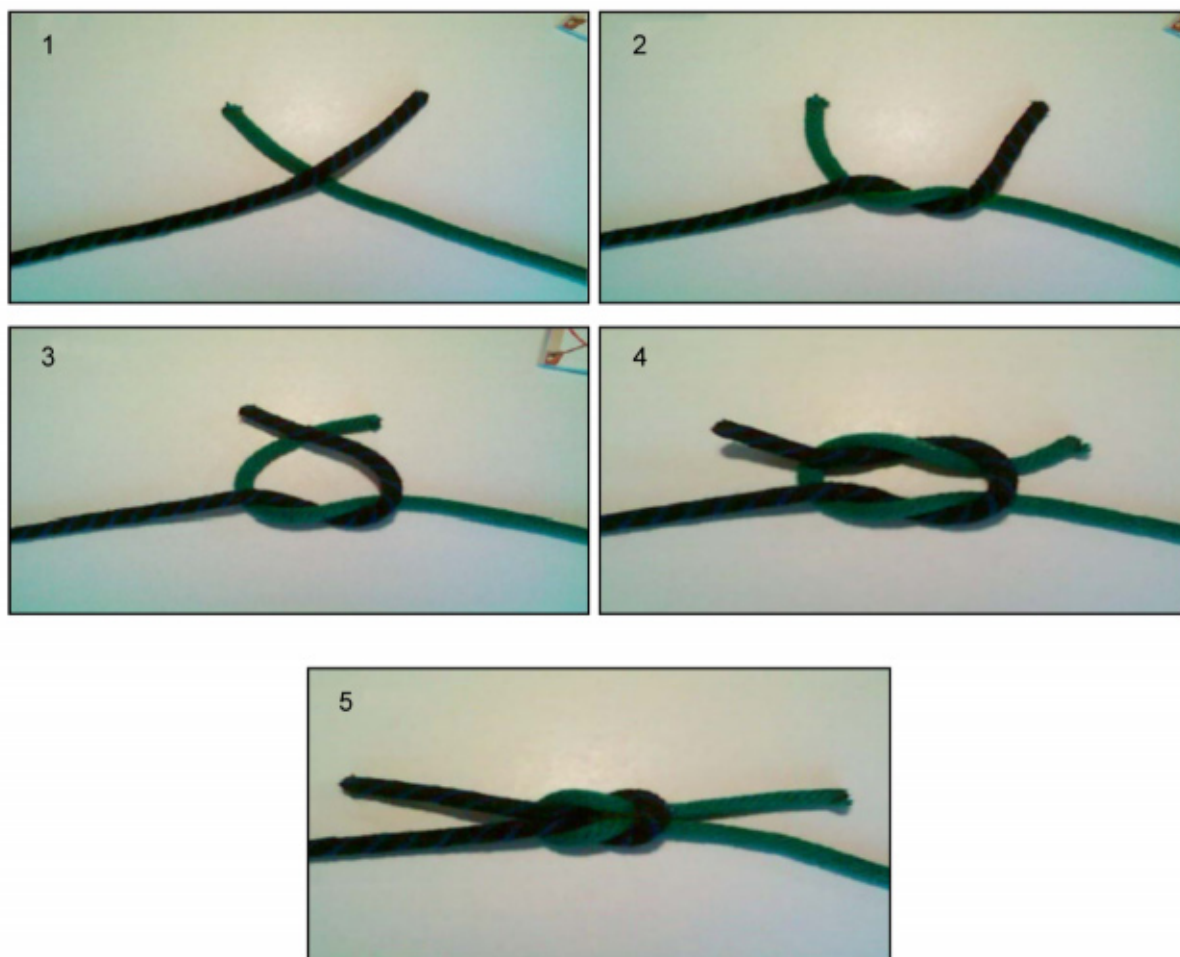


Figure 10B-3 Reef Knot



When done right, the running end and the standing end of one rope come out on the same side of the bight formed by the other rope. To tie this knot, a good trick is to say “left over right and right over left.”

FIGURE OF EIGHT KNOT

- **Uses:** Keep the end of a rope from unravelling or to stop a rope from passing through an eye.
- **Qualities:** Same uses as the thumb knot but bulkier and easier to undo.
- **Procedure:**
 1. Start by forming a loop with the running end passing under the standing end, and then make a bight in the running end (see Figure 10B-4, Step 1).
 2. Pass the running end in front of the standing end then thread it through the loop from the back (see Figure 10B-4, Step 2).
 3. The knot should now have the figure eight, which gives it its name (see Figure 10B-4, Step 3).



Figure 10B-4 Figure of Eight Knot

DOUBLE FIGURE OF EIGHT

- **Other name:** Figure of eight loop.
- **Uses:** To anchor a rope around a tree trunk, pole or such item.
- **Qualities:** Will not slip and is easy to undo.
- **Procedure:** There are two methods to do this knot. However, the first one is the one to use to anchor the rope to a tall or wide pole or trunk (see Figure 10B-5).

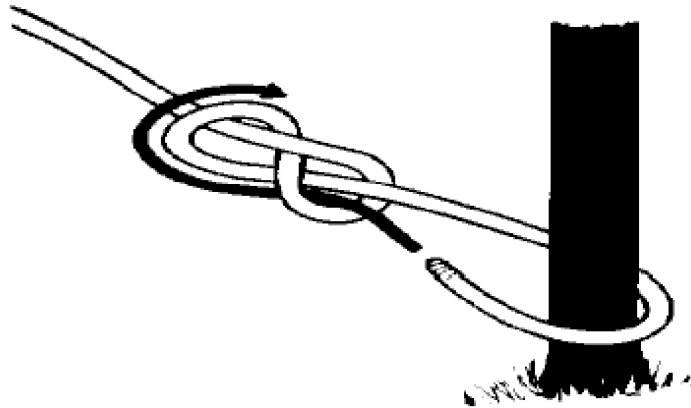
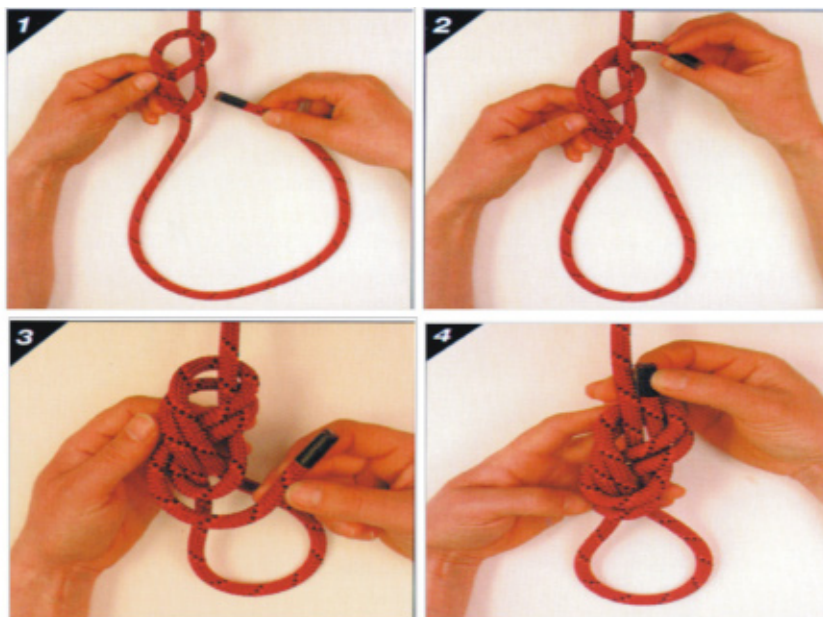


Figure 10B-5 Double Figure of Eight Knot

The steps for Method 1 are:

1. Begin with a loose figure of eight knot (see Figure 10B-6, Step 1);
2. Guide the running end back up through the loop it just came down through (see Figure 10B-6, Step 2);
3. Have the running end trace alongside the rope in the original figure of eight under the standing end. Have the running end follow the original figure of eight under the double rope (see Figure 10B-6, Step 3);
4. The running end follows the original figure of eight (see Figure 10B-6, Step 4); and
5. Pull tight, dress knot by flattening it and making sure the ropes are side by side.



Pocket Guide to Knots and Splices, by Des Pawson, 1991

Figure 10B-6 Double Figure of Eight Knot, Method 1

The steps for Method 2 are: Double the rope and follow the steps to make a figure of eight knot. (see Figure 10B-7).

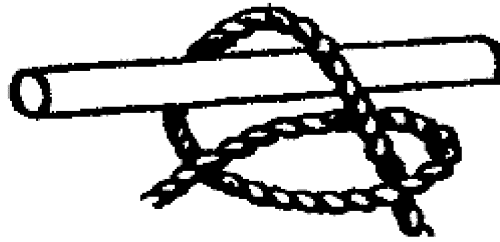


Pocket Guide to Knots and Splices, by Des Pawson, 1991

Figure 10B-7 Double Figure of Eight Knot, Method 2

HALF HITCH

- **Uses:** Make other knots stronger. Hang, tie or hook objects.
- **Quality:** Easy to make.
- **Fault:** Cannot support a lot of strain.
- **Procedure:** Pass the rope around the pole and then behind the standing part and into the eye of the loop.



Army Cadet Reference Handbook

Figure 10B-8 Half Hitch

CLOVE HITCH

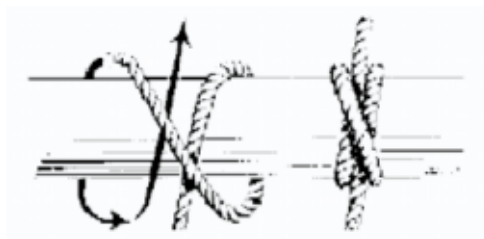
Uses: To finish off knots like the round turn and two half hitches and the various types of lashings. To secure a rope to a spar, rail or similar fitting.

Qualities: Quick and easy to tie. Can be made with the end or with the bight of the rope.

Procedure: There are two methods to tie a clove hitch; one using the end and the other using the bight.

The steps for tying a clove hitch using the end of the rope are:

1. pass the running end of rope over the rail from front towards the back;
2. bring the running end under the rail and over the standing end towards the left;
3. bring the running end over spar to the left;
4. bring the running end out under the rail and thread it up under the rope on the rail by the crossover;
5. work the hitch tight with the running end and the standing end sung against each other; and
6. be sure to leave enough rope on the end so that it does not unravel.



Army Cadet Reference Handbook

Figure 10B-9 Clove Hitch

The steps for tying a clove hitch using the bight are:

1. in the middle of the rope, make a crossing turn or half hitch, with the rope that comes from the left being on top;
2. to the right of the first crossing turn, make a half hitch with exactly the same configuration (see Figure 10B-10, Step 1);
3. put the right-hand half hitch on top of the left-hand half hitch (see Figure 10B-10, Step 2); and

4. the pair of hitches are now slipped over the top of the post (see Figure 10B-10, Step 3).

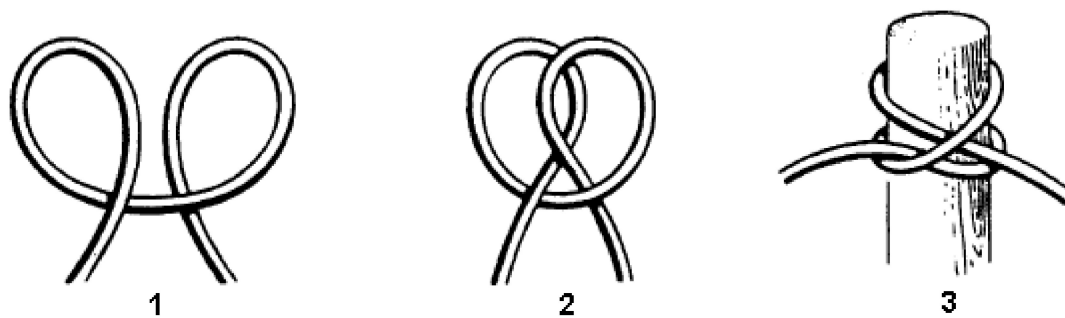


Figure 10B-10 Clove Hitch

HANDOUT – EO M121.04 GLOSSARY

SURVIVAL KIT CONTENTS CHARACTERISTICS

- **Candle.** Invaluable for starting a fire as well as a light source. Shave square for packing. If made of tallow it is also fat to eat in an emergency or to use for frying – but be sure it is tallow; paraffin wax and some other candles are inedible. Tallow does not store well, especially in hot climates.
- **Compass.** A luminous button compass. Some small compasses can be confusing. Personnel should ensure they know how to read it before going into the field. A liquid filled type is best, but checks should be done to ensure that it does not leak, has no bubbles in it and is fully serviceable. The pointer is prone to rust. Personnel should ensure that it is on its pivot and swings freely.
- **Fishhooks and Line.** A selection of different hooks in a small tin or packet. A few split lead weights should be added to the hooks. Remember that a small hook will catch both large and small fish but a large hook will only catch big ones. As much line as possible should be included. It will also be useful for catching birds.
- **Flexible Wire Saw.** These usually come with large rings at the ends as handles. These take up too much room and should be removed; wooden toggles can replace them when needed. To protect from rust and breakage cover it in a film of grease. Flexible saws can be used to cut quite large trees or branches.
- **Flint.** Will work when wet and it will go on striking long after the matches run out. A processed flint with a saw striker works best in a survival situation.
- **Magnifying Glass.** Can start a fire from direct sunshine and is useful for searching for splinters and stings.
- **Matches.** Waterproof matches are useful but bulkier than ordinary non-safety, strike-anywhere matches, which can be made “shower-proof” by dipping the heads in melted candle wax. To save space, snap off half of each matchstick. It is easier to use matches than to make fire by other methods, matches should not be wasted and only used when improvised methods fail.
- **Mini Light.** Can be used at night to navigate. One set of spare batteries should be included as well.
- **Needles and Thread.** Several needles, including at least one with a very large eye that can be threaded with coarse threads. Strong thread should be chosen and wrapped it around the needles.
- **Pen and Paper.** Allows one to keep notes of injuries, leave a message etc.
- **Plastic Bags.** Two large orange garbage bags for shelter and signalling.
- **Signalling Mirror.** Will draw attention by reflecting sunlight, plastic mirrors two by three inches are sufficient (other items may include compass mirror, crystal watch or a piece of foil).
- **Snare Wire.** Preferably brass wire (60 to 90 cm [two to three feet] in length). This is used for snares, but could solve many survival problems (i.e. building tools, etc.).
- **Water Sterilizing Tablets.** For use where water is not safe to drink and boiling it is not an option.
- **Whistle.** A sound-signalling device. Effective to ward off animals and signal for help. Fox 40 whistle optimum.

MEDICAL KIT CHARACTERISTICS

- **Band-aids.** Sterile bandage helps control or stop bleeding of a small wound.
- **Mini First Aid Pocket Guide.** For any unknown treatments when in the field reference the guide.

- **Moleskin.** A sheeted adhesive tape developed especially for hands and feet. Made from highly breathable non-woven fabric with ability to stretch, conform and not sweat or bathe off. The protective nap helps reduce friction and reduce calluses and great for holding second skin dressing in place;
- **Second Skin.** Hydrogel dressing helps protect against blisters, pressure and friction. Helps bring cooling relief to stings, bites, poison ivy and blisters;

SURVIVAL KIT CONTENTS MATCHING ACTIVITY

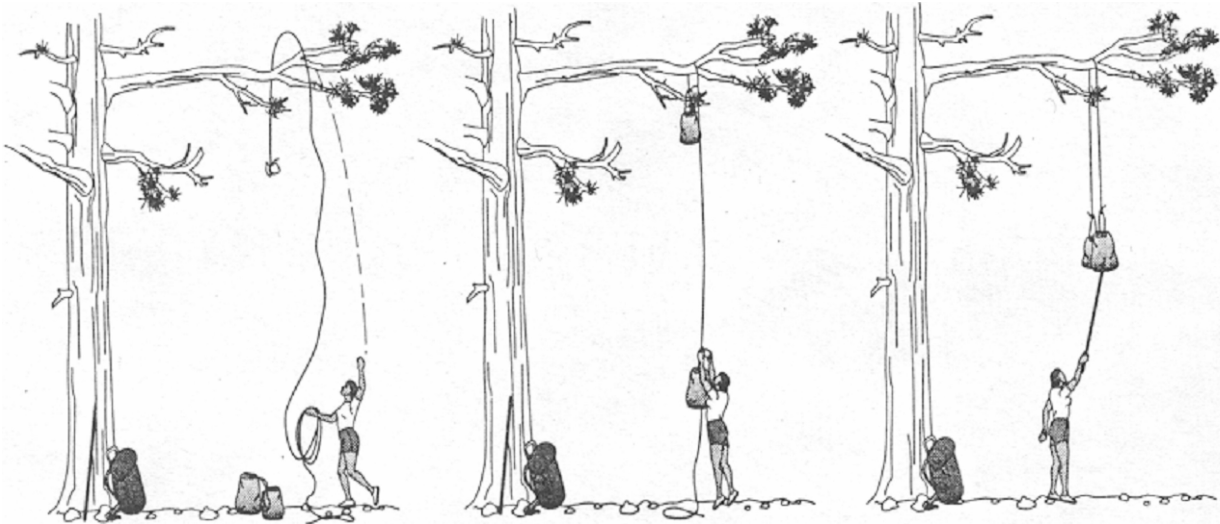
| | | |
|----------------------------------|-----------------------------|--|
| Matches | 1 <input type="checkbox"/> | A. Will work when wet and it will go on striking long after the _____ runs out. |
| Candle | 2 <input type="checkbox"/> | B. Several, including at least one with a very large eye that can be threaded with coarse threads. Strong thread should be chosen and wrapped around it. |
| Flint | 3 <input type="checkbox"/> | C. For treating acute and chronic diarrhea. |
| Magnifying Glass | 4 <input type="checkbox"/> | D. A selection of different hooks in a small tin or packet. As much line as possible should be included. |
| Needles and Thread | 5 <input type="checkbox"/> | E. Illuminates the dark. |
| Fishhooks and Line | 6 <input type="checkbox"/> | F. Can be used to cut quite large trees or branches. |
| Compass | 7 <input type="checkbox"/> | G. The protective nap helps reduce friction and reduce calluses. Great for holding second skin dressing in place. |
| Mini Light | 8 <input type="checkbox"/> | H. Can start a fire from direct sunshine and is useful for searching for splinters and stings. |
| Analgesic | 9 <input type="checkbox"/> | I. Allows one to keep notes of injuries, leave a message etc. |
| Flexible Wire Saw | 10 <input type="checkbox"/> | J. Invaluable for starting a fire as well as a light source. Shave square for packing. |
| Antihistamine | 11 <input type="checkbox"/> | K. For use where water is not safe to drink and boiling it is not an option. |
| Whistle | 12 <input type="checkbox"/> | L. Personnel should ensure they know how to read it before going into the field. A liquid filled type is best. |
| Pen and Paper | 13 <input type="checkbox"/> | M. A sound-signalling device. |
| Moleskin | 14 <input type="checkbox"/> | N. For allergies, insect bites and stings. |
| Water Sterilizing Tablets | 15 <input type="checkbox"/> | O. Waterproof and are useful but bulkier than ordinary non-safety, strike-anywhere types. |

HANDOUT – THE PRINCIPLES OF LEAVE NO TRACE CAMPING

| | |
|---|--|
| Planning Ahead and Preparing | Travelling and Camping on Durable Surfaces |
| <ul style="list-style-type: none"> • Know the regulations and special concerns for the areas visited. • Prepare for extreme weather, hazards and emergencies. • Carefully plan meals and repackage food to minimize waste. | <ul style="list-style-type: none"> • Concentrate the trek on existing trails and campsites. • Walk in single file in the middle of the trail, even when wet or muddy. • Avoid taking short cuts off established trails. • Travel on rock, gravel, dry grasses or snow. • Camp 60 metres from lakes and streams. |
| Dispose of Waste Properly | Leave What You Find |
| <ul style="list-style-type: none"> • Pack it in, pack it out. • Dispose of human waste. • Pack out toilet paper and hygiene projects. • Wash body or dishes. | <ul style="list-style-type: none"> • Preserve the past. • Leave flora and fauna. • Avoid the construction of structures. |
| Minimizing Campfire Impacts | Respect WildLife |
| <ul style="list-style-type: none"> • Build minimum impact fires by using an existing fire ring, pan or fire mound. • Burn only dead and downed wood. • Maintain a small fire by burning all the wood down to ash, then saturating the ash with water and scattering the ash broadly. • There should be no evidence of a fire. | <ul style="list-style-type: none"> • Observe wildlife from a distance. • Never feed the animals. • Protect wildlife and food by storing rations and trash securely. • Control pets. • Avoid wildlife during sensitive times (i.e. mating, nesting, when raising young, or during the winter). |
| Be Considerate to Other Visitors | |
| <ul style="list-style-type: none"> • Respect visitors to protect the quality of their experience. • Yield to others on the trail. • Camp away from trails and other visitors. • Allow nature's sounds to prevail. Avoid creating loud noises. | |

CONSTRUCT FIELD AMENITIES

BEAR HANG



Instructions:

1. Find a tree with a live branch. The branch should be at least 15 feet (five metres) from the ground with no object below that a bear could stand on. When you throw the rope it should be more than 10 feet (three metres) from the tree.
2. Separate food from other items and store them into two equal bags.
3. Throw the rope over the branch. Attach one end of the rope to one of the bags with a slipped overhand knot.
4. Raise the bag as close as you can to the branch.
5. Attach the other bag to the rope as high up on the rope as you can. Leave a loop of rope near the bag for retrieval.
6. Push the second bag up to the level of the other bag with a long stick.
7. To retrieve the bags, hook the loop of the rope with the stick and pull it down. Remove the bag and then lower the first bag.

Safety:

- Make sure that no one is standing near when you are throwing or retrieving the bags.
- Do not place objects heavier than two pounds in each bag.
- Remember to distribute the weight of the two bags as best as you can.

Standard:

A proper bear hang should meet specifications above as close as possible. The instructor should be satisfied that the bag would be inaccessible to a bear. All knots and lashings will be assessed for neatness, proper appearance, and proper use for the knot.

FIRE WALL REFLECTOR



Instructions:

1. Cadets should find an area suitable for insulating heat, such as a rock in the diagram below.
2. If unable, there should be two walls to reflect the heat onto the people using it.
3. Attach two poles using a clove hitch, with about four to six inches in between to fill with smaller logs and wood found in the area.
4. As in the second diagram, the reflector wall may be on a slant and the logs lashed to the support beams also with a clove hitch.

Safety:

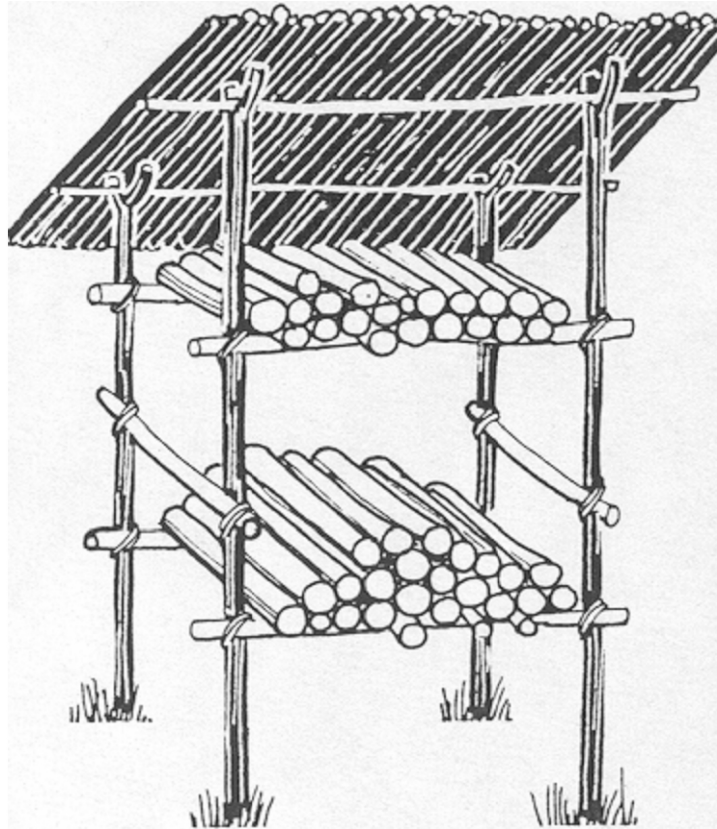
1. Cadets should be cautious moving through the woods, gathering materials to fill the walls. Make sure to utilize the buddy system.
2. Only use logs that you are physically able to carry.
3. Do not build anything high enough to fall on you if it topples.

Standard:

The reflector should be able to stand on its own without falling over, and must be built in a strategic place to reflect heat. All knots and lashings will be assessed for neatness, proper appearance, and proper use for the knot.



DRYING RACK



Instructions:

1. Find four sticks that have a branch close to the top so that it looks like a letter 'Y.'
2. Two of the sticks shall be shortened six inches. A bar will be placed between each set of sticks to hold a roof.
3. Use a half shelter or lash sticks of similar size, length, and thickness together to act as a roof for the wood shed. The roof will need to be as wide or wider than the base structure.
4. Lash a stick to each side of the structure and lay wood across to dry.
5. Add more sticks on the sides of the structure to add support or another shelf for wood.

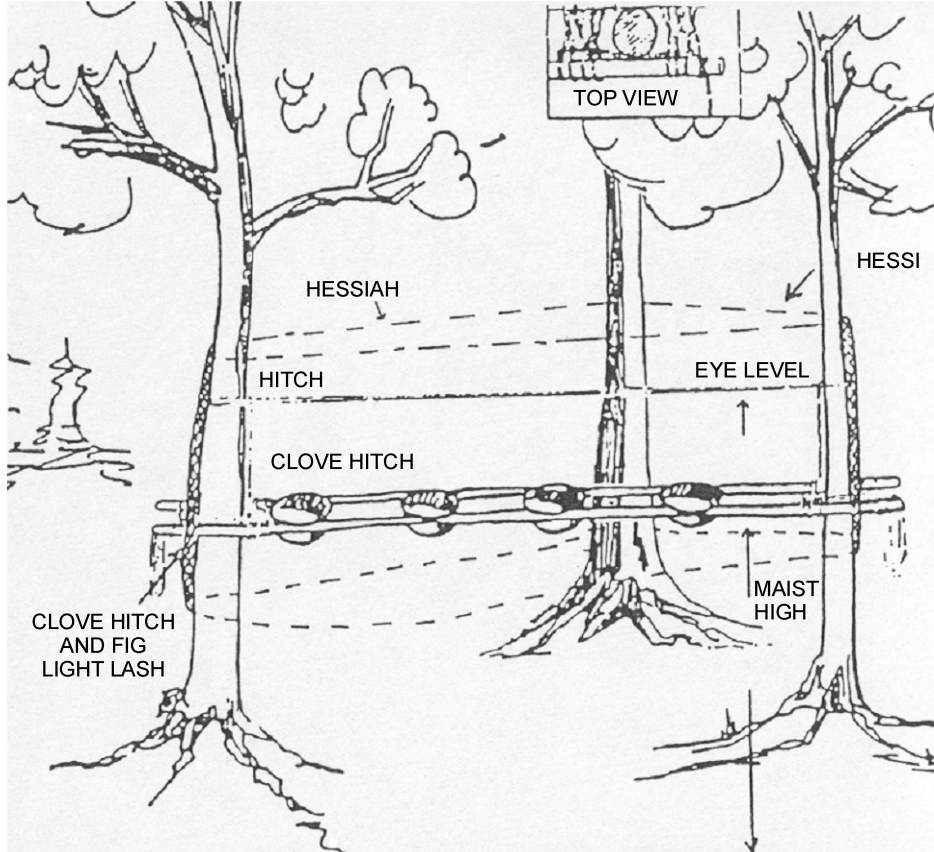
Safety:

Place the roof on first before trying to raise the structure so it is less likely to fall and hurt anyone.

Standard:

The structure should be free standing, and able to hold wood on one or two levels, depending on the sophistication of the structure. All knots and lashings will be assessed for neatness, proper appearance, and proper use for the knot.

ABLUTIONS STAND



Instructions:

1. Locate three trees approximately eight to ten feet apart in a triangular formation. If a third tree is not available, improvise with a picket (a tall, sturdy stick to be used as a post).
2. Locate two sticks long enough to extend slightly past two of the three trees. These sticks will need to support four wash basins.
3. Lash one stick on each side of the trees at waist height using a clove hitch.
4. Construct four wash basin holsters by tying figure eight weaves in pairs. The lashings should be close enough to slide a wash basin in between.

Note: Ground sheets may be lashed to the outside of the tree formation to provide privacy for someone using the abluitions stand.

Safety:

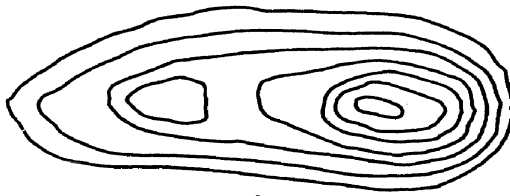
1. Make sure that you only use logs that you are able to lift safely.
2. Logs should be braced at both ends while being tied and lashed to trees.

Standard:

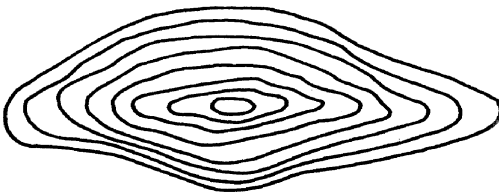
The wash area should be able to support wash basins, and at a level that is reachable by everyone. All knots and lashings will be assessed for neatness, proper appearance, and proper use for the knot.

INTERPRETING CONTOUR LINES

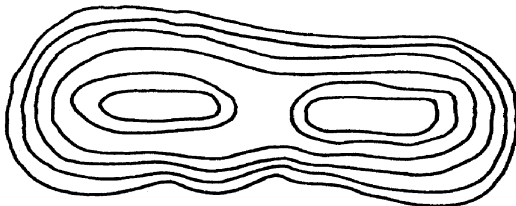
Match the contour diagram on the left to the applicable depiction of a landform on the right.



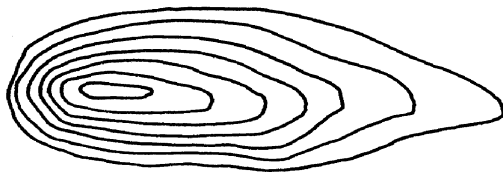
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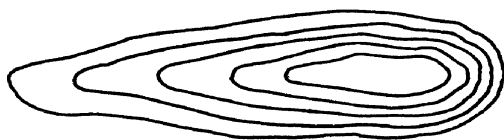
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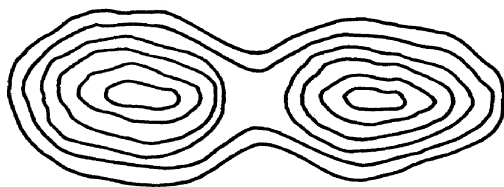
C



D



E



F

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____