



1596 Royal Highland Fusiliers of Canada Royal Canadian Army Cadets

350 East Avenue Kitchener, ON, N2H 1Z5
Telephone 519-581-0687 Unit trains Wednesday at 1830 (6:30 pm)



TRAINING TRIP LETTER TO PARENTS/GUARDIANS

INFORMED PARENTAL CONSENT - WAIVER

To parents/guardians: please return this form in and signed to Corps Administration Officer.
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GENERAL

1. The 1596 Royal Highland Fusiliers and the 1882 The Wellington Rifles Army Cadets will conduct a Winter FTX from 25 January to 26 January 2020 at the Guelph Armoury. 7 Wyndham Street South. N1H 4C4.
2. The purpose of this letter is to formally advise you of details of this trip and make you aware of the roles, responsibilities and liability of the Army Cadet League, the Department of National Defence/Canadian Forces, cadets and yourself. Your signature at the end of this letter will indicate that you have read and understand this letter and accept the conditions and risks to your son/daughter/ward and yourself under which this trip is being conducted.

SPONSORSHIP

3. Within the Canadian Cadet Program, this activity is part of the normal training program and is funded by the Department of National Defence/Canadian Forces. The Department of National Defence/Canadian Forces sponsors this activity and provides support for it.

ACTIVITIES AND ITINERARY

4. A detailed itinerary for this trip is attached. It outlines daily activities, timings and locations. Transportation will be by bus and accommodations will be provided. **Cadets should arrive at the armoury on Saturday 25th January for 0600hrs. NOTE: ALL CADETS WIL HAVE EATEN BREAKFAST PRIOR TO DEPARTURE. Cadets will be ready for pickup on Sunday 26th January 1630 hrs.** A kit list is also attached.

ALCOHOLIC BEVERAGES AND ILLEGAL DRUGS

5. In accordance with cadet policies, cadets are **prohibited from consuming alcoholic beverages or using illegal drugs and vaping.** If these rules are broken, the following may occur:

- a. the cadet may be sent home at the parent's/guardian's expense;
- b. the cadet may be prohibited from taking part in any further trip activities;
- c. the cadet may lose cadet training and cadet membership privileges; and
- d. if insured while under the influence of alcohol or illegal drugs, medical insurance MAY NOT apply and any resulting expenses could be the responsibility of the parent/guardian.

DOCUMENTATION

6. Cadets shall have the following documentation in their possession before leaving home:
 - a. Their **Provincial Health Card**; Cadet's health card is a **must** to attend this FTX. They will not participate if they do not bring it. A photocopy of the card or its number written down could be refused by medical facilities that may see it as inadequate proof of identification.

INSURANCE

8. All cadets on strength at a corps, attending CSTC/RGS, participating in a RCSU/D Cdts & JRC activity or participating in an international exchange program are covered by the CF for emergency medical or dental care.

MEDICAL

9. 1596 RHFC RCACC will be travelling with over-the-counter medications that may be administered if necessary and with prior parent's/guardian's consent. Only the Officer-in-Charge will administer these medications. Dosage instructions will be followed as per package instructions. On the consent form below, parents/guardians are requested to initial if they agree or disagree to have certain medications administered to their son/daughter/ward during the course of the trip.
10. Prescribed medications **MUST** be carried by the cadet in a pharmacy-labelled bottle with current doctor's orders clearly typed. Your son/daughter/ward should bring only enough medication for the trip (plus a little extra in case of spillage).
11. **Medical Alert Bracelets.** Please arrange for your son/daughter/ward to wear a medical alert bracelet as recommended by your physician or pharmacist for life threatening allergies or for complicated medical conditions. Complicated or multiple issues may require a written, detailed explanation be kept on the cadet's person while travelling, in case he or she is separated from the Officer-in-Charge.

KIT LIST – COLD WEATHER TRAINING

- HEALTH CARD!!! Must have to attend exercise.**
- Single Air mattress (preferred) or Foam pad;
- Backpack/Duffle Bag (For personal equipment; **no plastic bags**);
- Warm Hat or Toque (Cadet Issue is appropriate and acceptable); **NO BASEBALL CAPS!!**
- Winter Coat & Snow Pants;
- Warm Pants (2) (*i.e.: track pants or sweatpants*; **Jeans are not allowed**);
- Scarf & Warm Gloves (2);
- Heavy sweater (2);
- Long Sleeve shirts (5);
- Winter Undergarments; (*i.e.: long johns, thermal pants/shirts*)
- Socks (5 pairs of wool or another form of thick sock);
- Athletic socks (5 pairs);
- Warm Winter Boots;
- A second pair of shoes (*i.e.: sneakers*);
- Pajamas or sleep wear;
- Personal hygiene items (*toothbrush, toothpaste, deodorant, soap, facecloth, towel, etc.*);
- Lip Balm (Chap Stick);
- Flashlight and batteries;
- Sunglasses;

FTU's ARE NOT RECOMMENDED FOR WINTER TRAINING AS THEY ARE NOT EFFICIENT IN COLD WEATHER.

NO CADET will bring or have any of the following items in their possession:

- ✘ Knives of any kind (Officers and senior cadets excepted)**
- ✘ Alcohol & Cigarettes including Vaping paraphernalia.**
- ✘ Cell phones, MP3 Players, or any other electronic device that would not be allowed at the Corps during a regular training night. If brought, **Staff will not responsible for lost items.****
- ✘ Earrings; only 1 pair may be worn by female cadets as per dress regulations**

****Smoking or vaping and the consumption of alcohol will not be tolerated and will result in the immediate return of the cadet to Kitchener at the parent's expense.***

All prescription or over the counter medication must be presented to the Administration Officer prior to departure. CBD's included

DIRECTIONS FROM 350 EAST AVE TO 7 Wyndham Street South

Head Northwest on East Ave toward Frederick Ave

Turn right on Frederick Ave

Turn right onto Victoria

Follow Victoria Hwy-7 to Hwy-6 and turn right

Use the right lane to take the Wellington Street/ON-7 E ramp to Acton/Cambridge

Use the left 2 lanes to turn left onto Wellington St W/ON-7

Continue to Wyndham turn left

Armory is on your left.

Emergency Contacts

Capt. Jacquot, Henri

CELL NUMBER

1-519-571-4656

CONSENT AND RELEASE OF LIABILITY

1. By my signature, I, _____ (print full name), the parent or legal guardian of _____ (print full name), a member of the Royal Canadian Army Cadets, realizing the potential hazards associated with travelling away from the cadet Corps Head Quarters of Kitchener and taking part in cadet activities and training, on behalf of myself and him/her (*cross out non applicable*), and my and his/her (*cross out non-applicable*) heirs, devisees, successors, assigns, executors and administrators, in consideration of him/her (*cross out non-applicable*) being permitted to participate in a trip to **Guelph Armory. 7 Wyndham Street South. N1H 4C4 24-26 January 2020**, including activities of significance, or any other activities related to this trip, hereby:
- a. acknowledge having read the terms and conditions of this activity funded by the Department of National Defence and indicate my understanding and acceptance;
 - b. accept/do not accept (*cross out non applicable*) that my son/daughter/ward will occasionally have "FREE TIME" without direct supervision;
 - c. give the Officer-in-Charge permission to authorize emergency medical treatment if required for my son/daughter/ward;
 - d. having determined that the activities involve potential hazards and may result in physical harm and wishing in any event him/her (*cross out non applicable*) to carry out the activity voluntarily assume any risks that may be associated with the activity; and
 - e. waive all claims of any nature or kind whether in contract, tort, negligence or otherwise, against Her Majesty the Queen in right of Canada, Her officers, servants, agents, employees and members of Her Canadian Forces and the Army Cadet League, its officers, servants, agents, employees and members, all in their employment and private capacities, in any manner arising out of, based upon, occasioned by or attributable to the activities of them, including negligence on their part, or any action taken or things done or maintained by virtue thereof.
 - f. **PAGES 5 and 6 to be signed and returned NLT 22-JAN-2020**

Signature of parent/guardian

Signature of witness

Date

CONSENT AND RELEASE OF LIABILITY CONT'D

MEDICAL

2. Parents/Guardians are requested to initial if they agree or disagree to have the medications listed below administered if necessary by the Officer-in-Charge to their son/daughter/ward during the course of the trip.

Cadet Name: _____ Rank: _____

TYLENOL 325 mg tablets for pain or fever will be administered according to package directives.

Agree: _____ Disagree: _____ (Initial applicable)

IBUPROPHEN tablets for pain relief, muscle pain and reduce fever will be administered according to package directives.

Agree: _____ Disagree: _____ (Initial applicable)

DIPHENHYDRAMINE (Benadryl) for symptoms of allergic rhinitis, motion sickness and insect bites and stings will be administered according to package directives.

Agree: _____ Disagree: _____ (Initial applicable)

ROBITUSSIN DM syrup for cough suppression will be administered according to package directives.

Agree: _____ Disagree: _____ (Initial applicable)

3. Cadets travelling with prescription drugs are requested to list them below.

<u>Prescribed Medication</u>	<u>Reason:</u>
_____	_____
_____	_____
_____	_____
_____	_____

4. Cadets are requested to provide a list of their known allergies.

