



Ex FROZEN STORM -Intro to Coldweather-



ASHBURY INFORMED CONSENT

PARENT/GUARDIAN INFORMED CONSENT SLIP:

Cadets from 137 RCACC will be participating in an overnight training exercise at the Macskimming Outdoor Education Centre. The goal of this activity is to teach and put into practice cold weather survival techniques and introduce new cadets to outdoor living and camp routine in a cold weather environment.

Parents are asked to ensure each cadet arrives at Ashbury College at **6:00PM** on Friday, February 2nd for a 6:30 PM departure. Pick up from Ashbury on Sunday, February 4 will be around 1:00 PM

NOTE: WE WILL BE SPENDING TWO DAYS OUTDOORS AND THEREFORE YOUR SON/DAUGHTER IS EXPECTED TO PREPARE FOR ANY WEATHER. They will be issued a sleeping bag and will be sleeping in hard shelters or tents when they arrive at the Training Site.

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(cut here)

I hereby give consent for _____ to attend Exercise FROZEN STORM from 02 February - 04 February 2018.

Parent/Guardian (sign) _____

Parent/Guardian (print) _____ Date _____

Parent/Guardian emergency contact number during exercise _____

HEALTH CARD NUMBER _____

Please list any allergies your child may have * **NOTE:** *The site is out of cell service and over an hour from a hospital. Certain cadets with medical restrictions / severe allergies may not be permitted to attend.* *:

There **are/are not** any medications that my child will be taking during the Exercise. List below:

****Please note that cadets will be administering their own medications during this exercise****

KIT LIST

The cadets and staff of 137 ASHBURY RCD RCACC will participate in EXERCISE FROZEN STORM (Cold Weather). This is an outdoor training weekend therefore we must be prepared for any type of weather that we may encounter during our training.

Please note that WE WILL be issuing sleeping bags to each Cadet. If you were not issued certain items please substitute your own.

- Below includes what you would wear to a winter FTX.
- ALWAYS look at the weather forecast and adjust kit list accordingly.
- REMEMBER dress in layers that can be easily removed and put on.
- No suite cases OR garbage bags

SUPPLIES REQUIRED:	PACKED
FTU Combats (shirt and pants) – issued***	_____
2 pair pants (no denim / jeans)	_____
Cadet rain gear-issued - issued	_____
1 Cadet Winter Parka (olive green if issued) or dark green	_____
1 pair of wind pants – issued	_____
1 pair of combat boots – issued (or warm winter boots)	_____
1 pair of mukluks, inners and outers - issue	_____
2 long sleeved shirts	_____
1 Cadet toque – issued	_____
4 Pairs gloves or mittens – issued and your own	_____
1 scarf/neck warmer	_____
2 undershirts	_____
2 pairs underwear	_____
1 pair long underwear (top and bottoms) - issued	_____
6 pairs warm socks- some issued	_____
1 pair sunglasses	_____
1 stick Blistex, and Sunscreen	_____
1 note pad and pencil	_____
1 water bottle - 1 cup suitable for hot drinks	_____
1 personal hygiene kit	_____
1 face cloth	_____
1 watch	_____
1 flashlight/headlamp	_____
Prescribed medication - (cadets will self-administer)	_____

*****Dress to board the bus is FTU's (combats) parka, combat boots, headdress (toque or beret).**

Please take the time to label ALL of your belongings. You will be sharing a tent with other cadets.

IF A CADET SHOWS UP TO THE EXERCISE WITHOUT ADEQUATE CLOTHING, THE CADET WILL BE SENT HOME.

NO DRUGS/ALCOHOL PERMITTED.

ELECTRONIC ITEMS (IPODS, PHONES) SHOULD BE LEFT AT HOME, AS THEY MAY BECOME LOST OR DAMAGED. WE ARE NOT RESPONSIBLE FOR LOST OR DAMAGED ITEMS.