

First Class Cadet Log Book



Foreword for Cadet Book

Welcome to the Royal Air Force Air Cadets.

You have just joined the UK's leading uniformed youth organisation. The RAF Air Cadets has aviation at the heart of its activities and is fully supported by the Royal Air Force. I hope you will take every opportunity to visit Royal Air Force stations and fly in one of their Air Experience Flight aircraft and to go gliding.

There is something for everyone in the Air Cadets and I encourage you to explore every opportunity on offer, be it flying and gliding, adventurous training, sport, music, the Duke of Edinburgh's Award, drill and ceremonial, academic studies, community and charity work, shooting and camping.

Please always remember that the Air Cadets are the public face of the Royal Air Force and we therefore expect you to wear your uniform with pride and to behave in a way that reflects the professionalism, discipline and high standards of the Royal Air Force.

Our motto is "Venture Adventure" and I very much hope that you will have lots of fun and excitement during your time as a cadet. Remember, too, that your safety is of paramount importance to us so, if you are ever worried that you or a fellow cadet might be at risk of harm, report your concerns to one of our adult volunteers, who are there to keep you safe.

As you start your journey as a cadet, I wish you every success along the way. Our amazing team of volunteers will enable you to learn new skills and achieve your full potential - but only if you are prepared to make the effort required.

So, work hard and have fun - you are with like-minded people and are now, a very welcome member of the Air Cadet family.

Commandant Royal Air Force Air Cadets



Air Commodore
A C Keeling OBE



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Assessment Criteria Completion Checklist

Tick each task completed

To achieve a Pass in each subject all the P or red boxes must be ticked.

To achieve a Merit all the P and M boxes must be ticked.

To achieve a Distinction all the P, M and D boxes must be ticked.

Cadet Basic Training Part 1						Cadet Basic Training Part 2					
ATC		Pre Uniform Drill		Security		RAF		History Of Flight		Drill Assessment	
P1		P1		P1		P1		P1		P1	
P2		P2		P2		P2		P2		P2	
P3				P3				P3		P3	
P4				P4				P4			
P5				P5							
				P6							

Cadet Basic Training Part 3															
Principles of Airmanship						Map Reading									
P1		M1		D1		P1		M1		D1					
P2		M2		D2		P2		M2		D2					
P3		M3				P3		M3							
P4		M4				P4									
P5						P5									
P6															
P7															
P8															

Initial Expedition Training						Basic Radio Communications									
P1		M1		D1		P1		M1		D1					
P2		M2		D2		P2		M2		D2					
P3		M3				P3		M3							
P4		M4				P4		M4							
P5						P5									
P6						P6									
P7						P7									
P8						P8									
P9						P9									
P10															
P11															

Cadet Basic Training Parts 1 & 2

The Air Training Corps

Pre Uniform Drill and Ceremonial

Security

The Royal Air Force

History of Flight

First Class Cadet Drill Assessment

Training programme for Junior Cadets following Induction

Cadet Basic Training Part 1

THE AIR TRAINING CORPS

PASS LEVEL - MANDATORY TASKS

Learning Outcome 1: Know about the history and organisation of the Air Training Corps		Achieved Tick
Task P1	Describe the origins of the ATC.	
Task P2	Identify key developments in the history of the ATC.	
Task P3	Recognise cadet badges and ranks, ATC ensigns, ATC adult ranks and RAF ranks.	
Learning Outcome 2: Be able to wear an ATC uniform correctly		Achieved Tick
Task P4	Identify elements of the ATC uniform.	
Task P5	Demonstrate how to wear and maintain the uniform.	

PRE-UNIFORM DRILL STANDARD

PASS LEVEL - MANDATORY TASKS

Learning Outcome 1: Be able to perform basic drill and saluting (assessment TG 53)		Achieved Tick
Task P1	Undertake basic drill.	
Task P2	Demonstrate how and when to salute.	

SECURITY

PASS LEVEL - MANDATORY TASKS

Learning Outcome 1: Be able to show an understanding of security within the RAFAC		Achieved Tick
Task P1	Successfully complete the Sy Ed package on Ultilearn.	
Task P2	Identify the Emergency Rendezvous Points at their sqn building.	
Task P3	Demonstrate how Op WIDEAWAKE works at the sqn and outline the HOT principals should something be discovered.	
Task P4	Explain what would make someone believe that an individual is behaving in a suspicious manner.	
Task P5	Explain Run Hide Tell.	
Task P6	Watch the first RAF Cyber Security video.	

You are now ready to be enrolled as a Second Class Cadet and to start Cadet Basic Training Part 2

Cadet Basic Training Part 2

THE ROYAL AIR FORCE

PASS LEVEL - MANDATORY TASKS

Learning Outcome 1: Know about the history and organisation of the Royal Air Force		Achieved Tick
Task P1	Identify key developments in the history of the RAF.	
Task P2	Outline the basic organisational structure of the RAF.	

HISTORY OF FLIGHT

PASS LEVEL - MANDATORY TASKS

Learning Outcome 1: Have an appreciation of the history of lighter-than-air craft and the methods of control applied to airships		Achieved Tick
Task P1	Identify the key milestones in the history of lighter-than-air craft.	
Task P2	Describe how airships are controlled.	
Learning Outcome 2: Have an appreciation of the history and application of heavier-than-air craft		Achieved Tick
Task P3	Identify the key milestones in the history of heavier-than-air craft.	
Task P4	Demonstrate the principle of heavier-than-air flight.	

FIRST CLASS CADET DRILL ASSESSMENT

PASS LEVEL - MANDATORY TASKS

Learning Outcome 1: Be able to demonstrate a basic standard of drill competence (assessment TG 54)		Achieved Tick
Task P1	Participate fully in a sqn parade.	
Task P2	Fall out of and into a squad to receive an award.	
Task P3	Be able to represent the RAFAC in a public parade.	

You are now ready for Cadet Basic Training Part 3

Fundamental Principles of Airmanship

Features of an airfield

Requirements for pre-flight briefings

Features & types of aircraft used for Air Cadet flying & gliding

Processes used to launch gliders and maintain flight

First Class Cadet

FUNDAMENTAL PRINCIPLES OF AIRMANSHIP

PASS LEVEL - MANDATORY TASKS

Learning Outcome 1:
Know the features of an airfield

Task P1 Describe types of runway layouts found on airfields.

Activity 1 Name the three types of runway layouts. Give their main uses and the advantages and disadvantages for each type.

Runway Type 1

Main use		Yes	No
Advantages		Yes	No
Disadvantages		Yes	No

Runway Type 2

Main use		Yes	No
Advantages		Yes	No
Disadvantages		Yes	No

Runway Type 3

Main use		Yes	No
Advantages		Yes	No
Disadvantages		Yes	No

Activity successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY TASKS

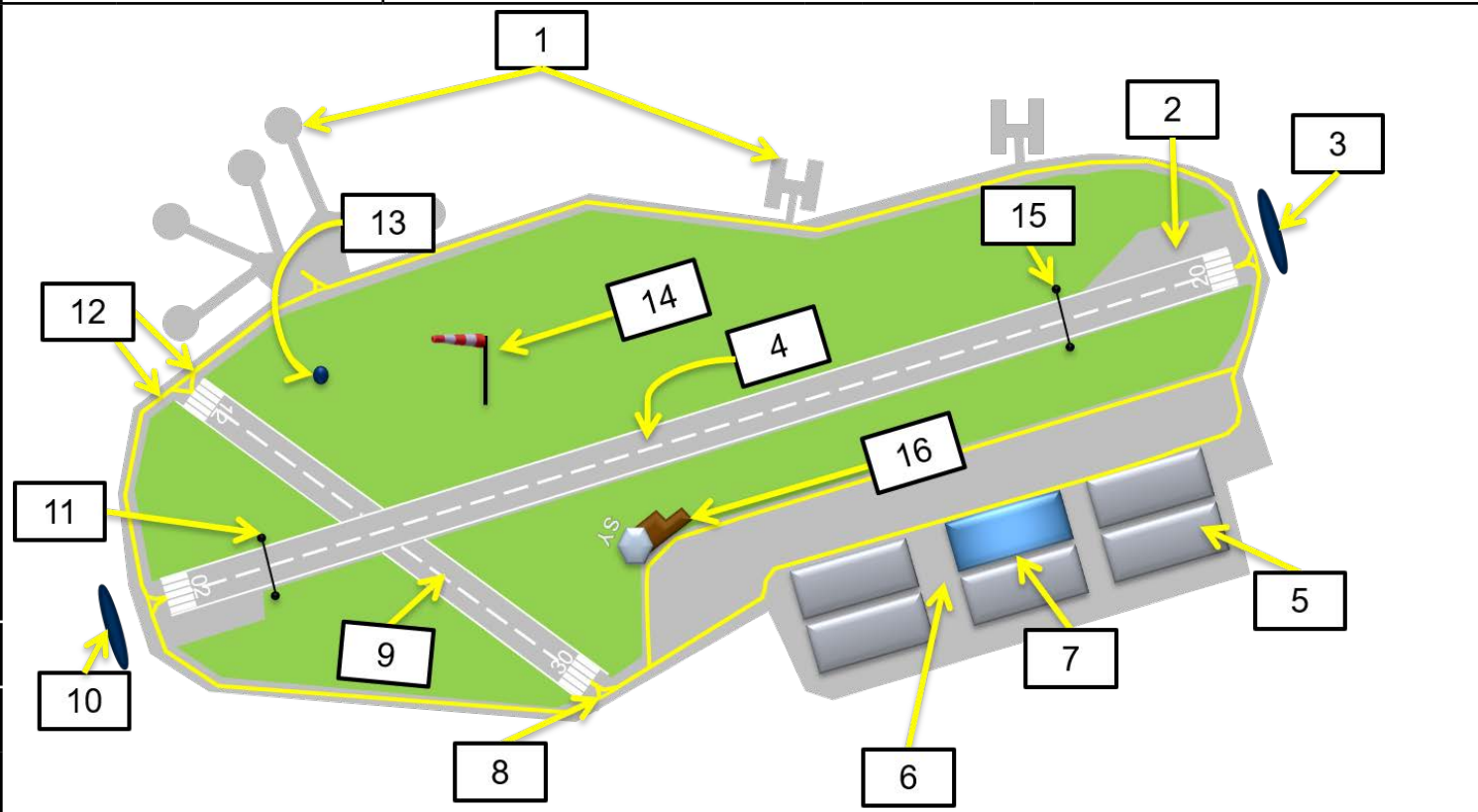
<p>Learning Outcome 1: Know the features of an airfield</p>

Task P2

Describe the main features of airfields.

Activity 1

Identify the main features of an airfield and describe their function.



Tick the box if correct
– Put a cross in the
box if incorrect.

1		Y	N	2		Y	N
3		Y	N	4		Y	N
5		Y	N	6		Y	N
7		Y	N	8		Y	N
9		Y	N	10		Y	N
11		Y	N	12		Y	N
13		Y	N	14		Y	N
15		Y	N	16		Y	N

Activity successfully completed

Date

Signature

Name/Rank

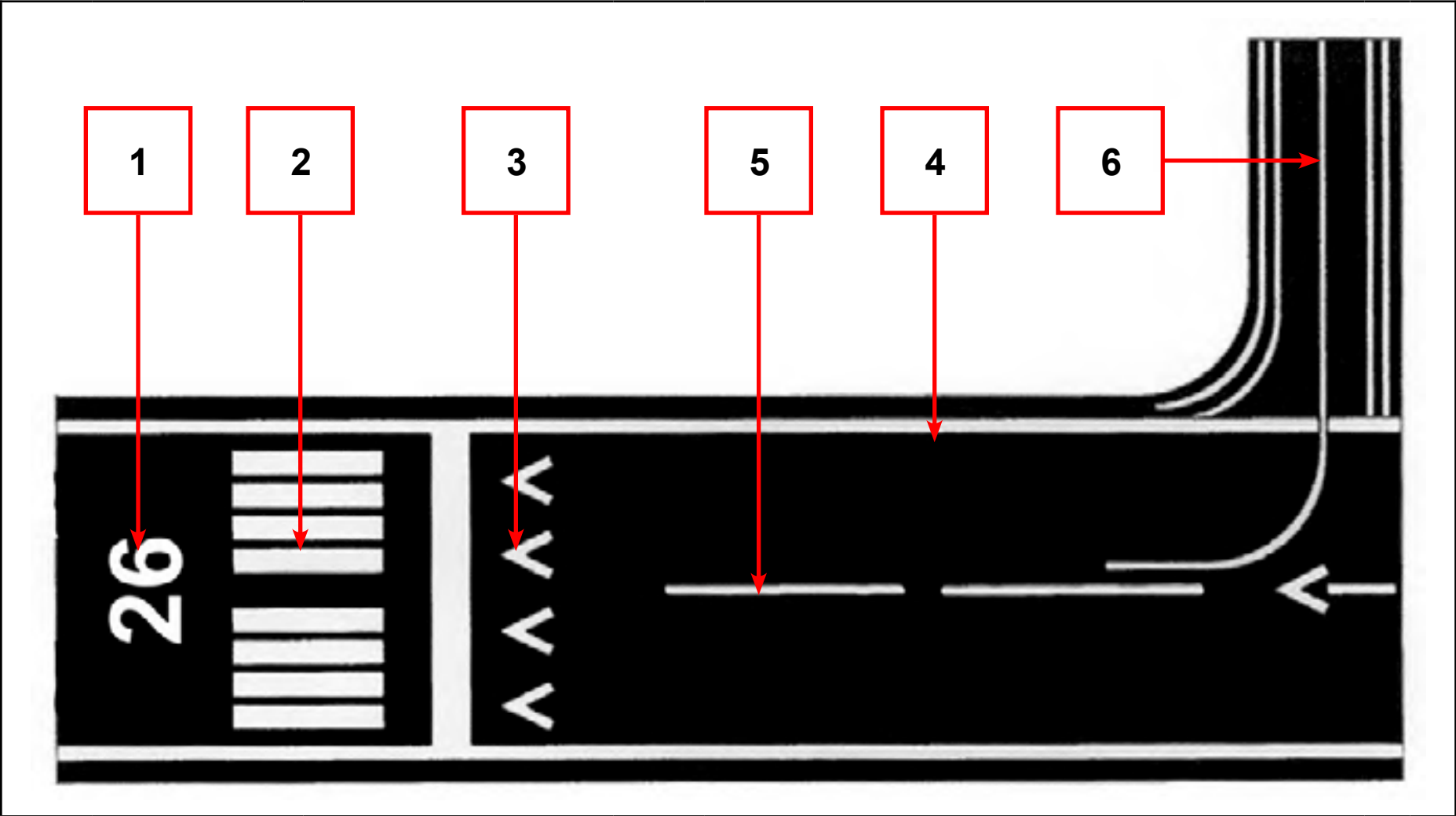
First Class Cadet

FUNDAMENTAL PRINCIPLES OF AIRMANSHIP

Learning Outcome 1: Know the features of an airfield

MERIT LEVEL – OPTIONAL QUESTION

Task M1	Explain purpose of types of runway marking.
Activity 1	Identify the labelled runway markings and explain their purpose.



1 Name		1 Purpose		Y	N
2 Name		2 Purpose		Y	N
3 Name		3 Purpose		Y	N
4 Name		4 Purpose		Y	N
5 Name		5 Purpose		Y	N
6 Name		6 Purpose		Y	N

Activity successfully completed

Date	Signature	Name/Rank

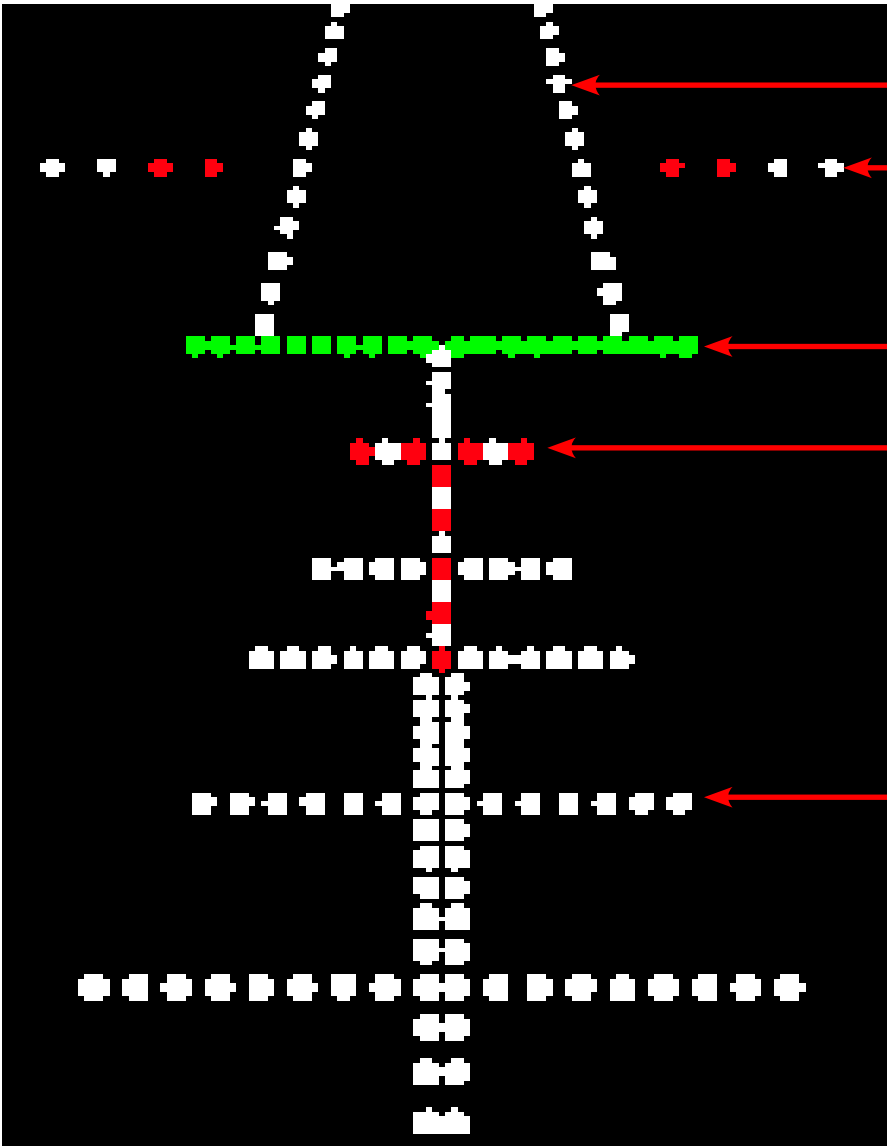
First Class Cadet

FUNDAMENTAL PRINCIPLES OF AIRMANSHIP

Learning Outcome 1: Know the features of an airfield

MERIT LEVEL – OPTIONAL QUESTION

Task M2	Explain purpose of types of airfield lighting.
Activity 1	Explain the purpose and colour of the numbered airfield lights.



1 Purpose		1 Colour		Y	N
2 Purpose		2 Colour		Y	N
3 Purpose		3 Colour		Y	N
4 Purpose		4 Colour		Y	N
5 Purpose		5 Colour		Y	N

Activity successfully completed

Date	Signature	Name/Rank

DISTINCTION LEVEL - OPTIONAL QUESTION

Task D1	Evaluate the strengths and weaknesses of airfield designs.
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Think about:

- Types of runway layouts
- Main features and functions of airfields
- Runway markings and their purposes
- Airfield lighting

Now review the strengths and weaknesses of these, giving a conclusion and a reason for your views.

Activity 1	Identify and evaluate the strengths of airfield designs and their features.
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Activity 2	Identify and evaluate the weaknesses that can be found in airfield designs.
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Activity successfully completed

Date	Signature	Name/Rank

FUNDAMENTAL PRINCIPLES OF AIRMANSHIP

Learning Outcome 2: Know the Requirements for Pre-Flight Briefings

PASS LEVEL - MANDATORY QUESTION

Task P3	Describe pre-flight briefings.
Activity 1	Following a pre-flight briefing, undertake a verbal test.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P4	Identify functions and operations of safety equipment as part of pre-flight briefings.
Activity 1	Following the safety equipment briefing, undertake a practical test.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P5	Describe actions required in emergencies by pilots and passengers.
Activity 1	Following the safety briefing, undertake a verbal test.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

MERIT LEVEL - OPTIONAL QUESTION

Task M3	Explain the purpose of pre-flight briefings.
Activity 1	A verbal explanation of the purpose of pre-flight briefing is given to the instructor.



Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

FUNDAMENTAL PRINCIPLES OF AIRMANSHIP

Learning Outcome 3: Know the features and types of aircraft used for Air Cadet flying and gliding

PASS LEVEL - MANDATORY QUESTION

Task P6	Describe key features of Tutor and Viking aircraft.	
Activity 1	Identify Air Cadet aircraft and describe their key features.	
Aircraft	Name of aircraft, its use and key features	
		
		

Activity successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P6	Describe key features of Tutor and Viking aircraft.	
Activity 2	As part of an individual or a group discussion, describe the key features of Air Cadet aircraft.	

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

FUNDAMENTAL PRINCIPLES OF AIRMANSHIP

Learning Outcome 3: Know the features and types of aircraft used for Air Cadet flying and gliding

MERIT LEVEL - OPTIONAL QUESTION

Task M4	Explain purpose and use of flight instruments of featured aircraft types.
Activity 1	Identify each of the following aircraft instruments and briefly explain their purpose.

			
Name:	Name:	Name:	Name:
Purpose:	Purpose:	Purpose:	Purpose:

Activity successfully completed

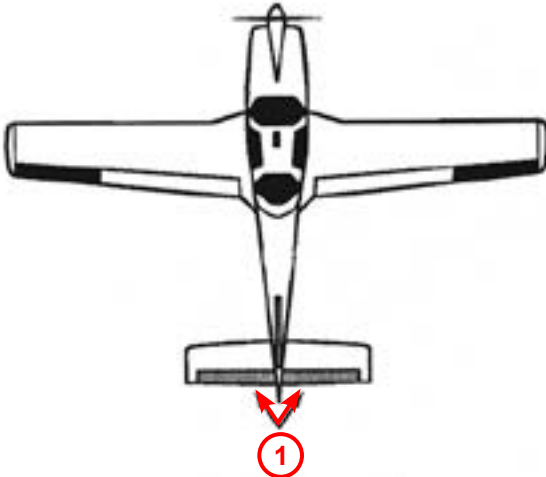
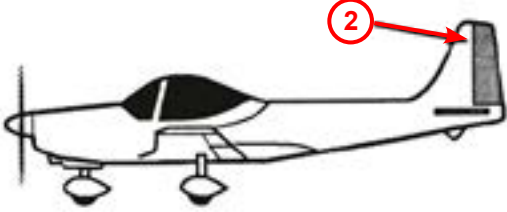
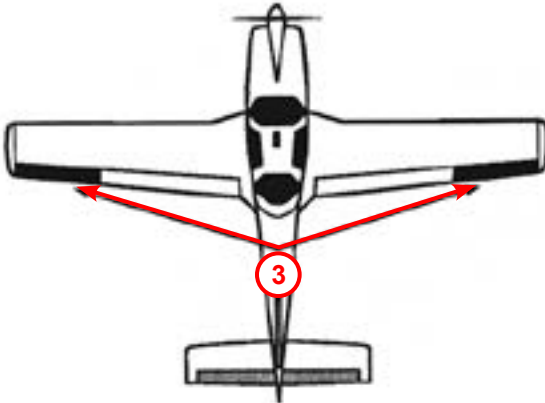
Date	Signature	Name/Rank

FUNDAMENTAL PRINCIPLES OF AIRMANSHIP

Learning Outcome 3: Know the features and types of aircraft used for Air Cadet flying and gliding

PASS LEVEL - MANDATORY QUESTION

Task P7	Identify important aircraft control surfaces used in flight.
Activity 1	Name the control surfaces which are shown by arrows in the following diagrams.

		
Name of control surface 1:	Name of control surface 2:	Name of control surface 3:

Activity successfully completed


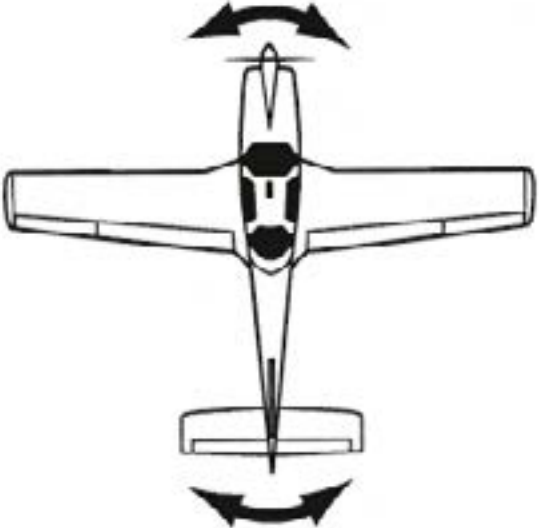
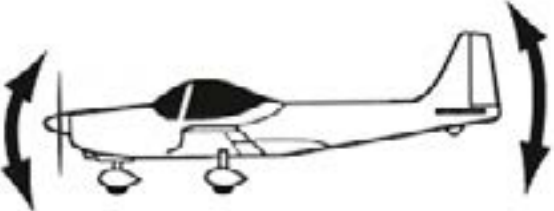
Date	Signature	Name/Rank

FUNDAMENTAL PRINCIPLES OF AIRMANSHIP

Learning Outcome 3: Know the features and types of aircraft used for Air Cadet flying and gliding

DISTINCTION LEVEL - OPTIONAL QUESTION

Task D2	Analyse effects of control surfaces on aircraft's attitude from straight and level flight.
Activity 1	Name the movement, say what actually happens and which control surface effects this movement.

		
Control Surface Effect 1	Control Surface Effect 2	Control Surface Effect 3
Name of movement:	Name of movement:	Name of movement:
What actually happens?	What actually happens?	What actually happens?
Which control surface effects this movement?	Which control surface effects this movement?	Which control surface effects this movement?

Activity successfully completed

Date	Signature	Name/Rank

FUNDAMENTAL PRINCIPLES OF AIRMANSHIP

Learning Outcome 4: Know processes used to launch gliders and maintain flight

PASS LEVEL - MANDATORY QUESTION

Task P8	Describe processes used to launch gliders.
Activity 1	Name the three commands used to wind launch a glider from the ground and describes what happens.

Command 1:	What happens?
Command 2:	What happens?
Command 3:	What happens?

Activity successfully completed

Date	Signature	Name/Rank

Map Reading

Scales & features of Ordnance Survey Maps

Grid References

Plan routes using Ordnance Survey map features & contour lines

First Class Cadet
MAP READING

Learning Outcome 1: Know the scales and features of Ordnance Survey Maps

PASS LEVEL - MANDATORY QUESTION

Task P1	Describe the types and uses of maps.
Activity 1	Match different types of maps to their uses.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P2	Identify the main symbols on Ordnance Survey maps.
Activity 1	Undertake a quiz on the symbols found on 1:50000 and 1:25000 maps







Activity Assessment Sheet Quiz was successfully completed

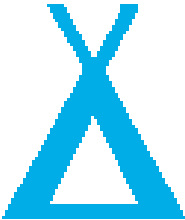



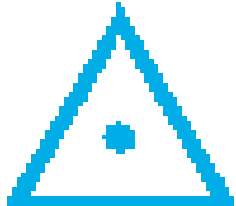


Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P2	Identify the main symbols on Ordnance Survey maps.
Activity 2	Write in the boxes beneath symbol what each represents.

1:50000 Ordnance Survey map symbols

		
1.	2.	3.
		
4.	5.	6.

			
7.	8.	9.	10.
			
11.	12.		13.

Task P2 / Activity 2											
1	Yes	No	2	Yes	No	3	Yes	No	4	Yes	No
5	Yes	No	6	Yes	No	7	Yes	No	8	Yes	No
9	Yes	No	10	Yes	No	11	Yes	No	12	Yes	No
13	Yes	No									

Activity successfully completed		
Date	Signature	Name/Rank

MAP READING

Learning Outcome 1: Know the scales and features of Ordnance Survey Maps

MERIT LEVEL - OPTIONAL QUESTION

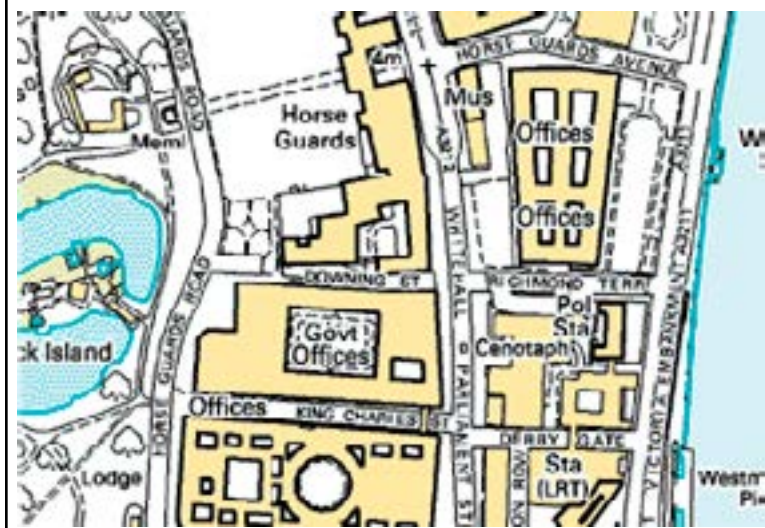
Task M1	Explain the importance of the use of scale and symbols on Ordnance Survey maps.
Activity 1	Identify the scale of the following maps, say what the purpose of each is and why the scale is important for that role.



1.



2.



3.

1	Yes	No	2	Yes	No	3	Yes	No

Activity successfully completed

Date	Signature	Name/Rank

MERIT LEVEL – OPTIONAL QUESTION

Task M1	Explain the importance of the use of scale and symbols on Ordnance Survey maps.
Activity 2	Using a 1:25,000 or 1:50,000 Ordnance Survey map explain to your instructor why symbols are important to planning a route, locating your position and finding your way.

A satisfactory explanation was give using an OS map

Date	Signature	Name/Rank

First Class Cadet

MAP READING

Learning Outcome 2: Be able to use the UK grid referencing system

PASS LEVEL - MANDATORY QUESTION

Task P3	Use grid referencing systems on Ordnance Survey maps to find locations.
Activity 1	Undertake practical grid referencing exercises.

Activity Sheet Grid Referencing exercises were satisfactorily completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P3	Use grid referencing systems on Ordnance Survey maps to find locations.				
Activity 2	Find the 6 figure grid references of the details indicated by the 14 arrows on the Potters Bar map in the back of this booklet, in the Ultilearn online map reading tests or on page 32.1.6-8 of ACP 32 Volume 1. Instructor – Tick if correct.				
1			2		
3			4		
5			6		
7			8		
9			10		
11			12		
13			14		

Activity successfully completed

Date	Signature	Name/Rank

First Class Cadet
MAP READING

Learning Outcome 3: Be able to plan routes using Ordnance Survey map features and contour lines

PASS LEVEL - MANDATORY QUESTION

Task P4	Describe the main land features found on Ordnance Survey maps when planning routes.
Activity 1	With your instructor, use an OS Map to identify the main land features and describe what they look like, or point them out.

Activity Assessment sheet successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P4	Describe the main land features found on Ordnance Survey maps when planning routes		
Activity 2	Using the Rhum map in the back of this booklet or the same map in the Ultilearn Map Reading Test or ACP 32 Vol 1 p32.1.6-10, name the relief features 1 to 5 on the map.		
Feature 1		Y	N
Feature 2		Y	N
Feature 3		Y	N
Feature 4		Y	N
Feature 5		Y	N

Activity successfully completed

Date	Signature	Name/Rank

MERIT AND DISTINCTION LEVEL - OPTIONAL QUESTION

Task M2/D1	Explain why the land features shown on Ordnance Survey maps are important for planning routes (M2).
	Plan accurate routes using the features shown on an Ordnance Survey map (D1).
Activity 1	You should now plan two or more routes using the land features of OS maps. These routes must be accurate and achievable. On at least one of these routes you should explain to your instructor why land features are important to the planning of the route.

Task M2/D1 Activity Assessment Sheet was satisfactorily completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P5	Use the contour lines shown on an Ordnance Survey map to plan routes.
Activity 1	Using the Rhum map in the back of this booklet or the same map in the Ultilearn Map Reading Test or in ACP 32 Vol 1 page 32.1.6-10, answer the following questions.

Question 1: What are the types of slopes under the lines numbered 6 and 7?

Answer:

Y N

Question 2: What is the approximate height above sea level of Long Loch?

Answer:

Y N

Question 3: What is the difference in height between the Kinloch Mountain Rescue Post and Hallival (395 963)?

Answer:

Y N

Question 4: What is the name of the feature numbered 8 and what is its highest point?

Answer:

Y N

Activity successfully completed

Date	Signature	Name/Rank

MERIT LEVEL - OPTIONAL QUESTIONS (ACTIVITIES 1 – 3)

Task M3	Assess the slope gradient when planning routes.
Activity 1 Question	If the Vertical Interval between two places is 90 metres and the Horizontal Equivalent is 2 kilometres, what is the gradient (to the nearest whole figure)?
Activity 1 Answer	

Activity successfully completed

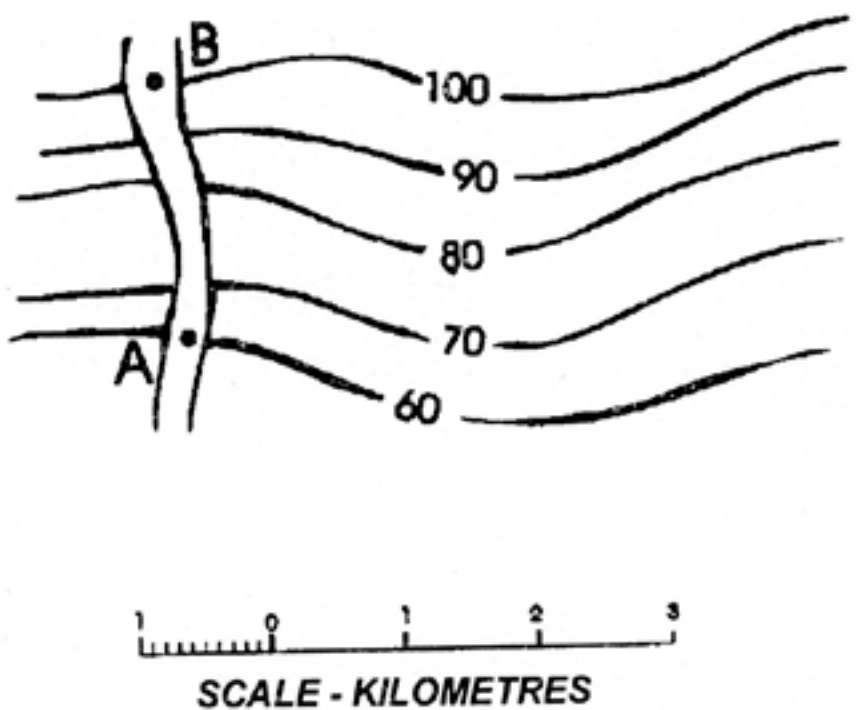
Date	Signature	Name/Rank

Activity 2 Question	Which of the following gradients is the steepest? 1:5 / 1:9 / 1:15 / 1:30 / 1:50
Activity 2 Answer	

Activity successfully completed

Date	Signature	Name/Rank

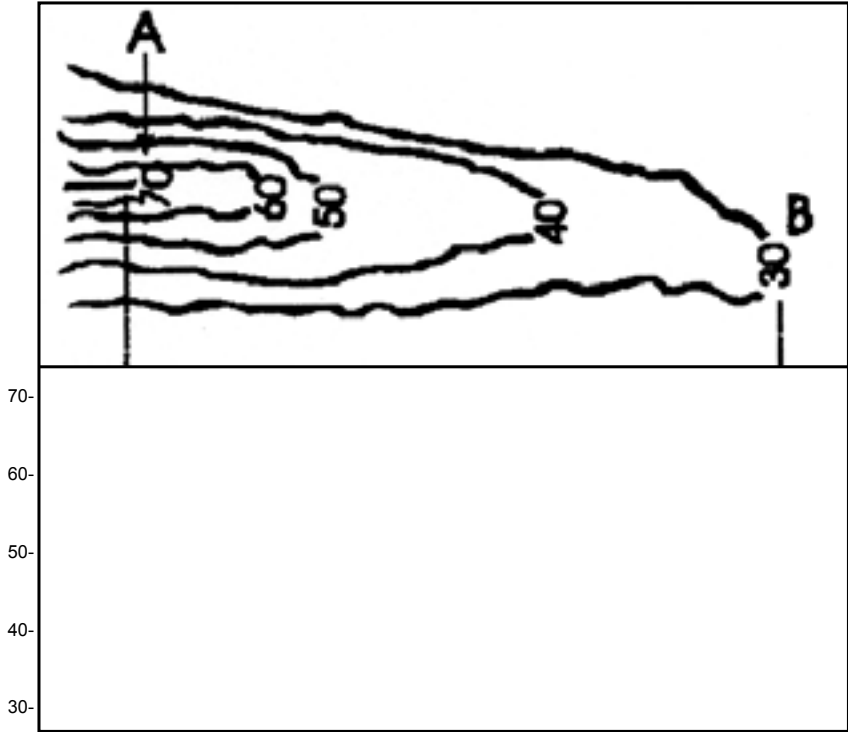
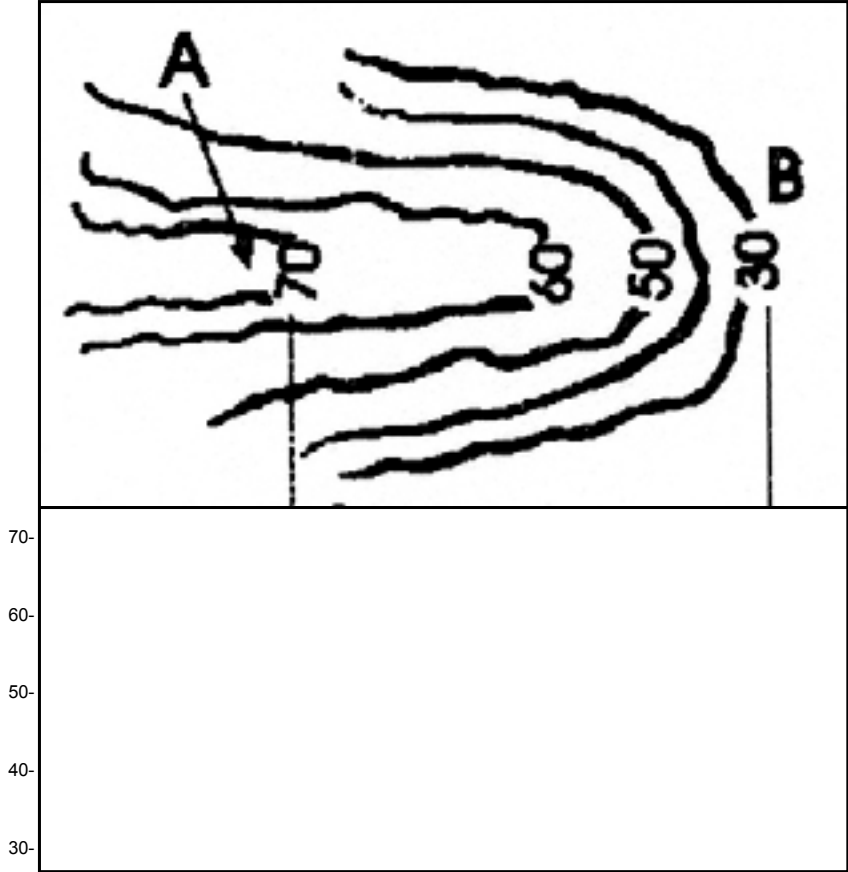
Activity 3 Question	Calculate the gradient between Point A and Point B on the diagram and show it as both a ratio and a percentage.
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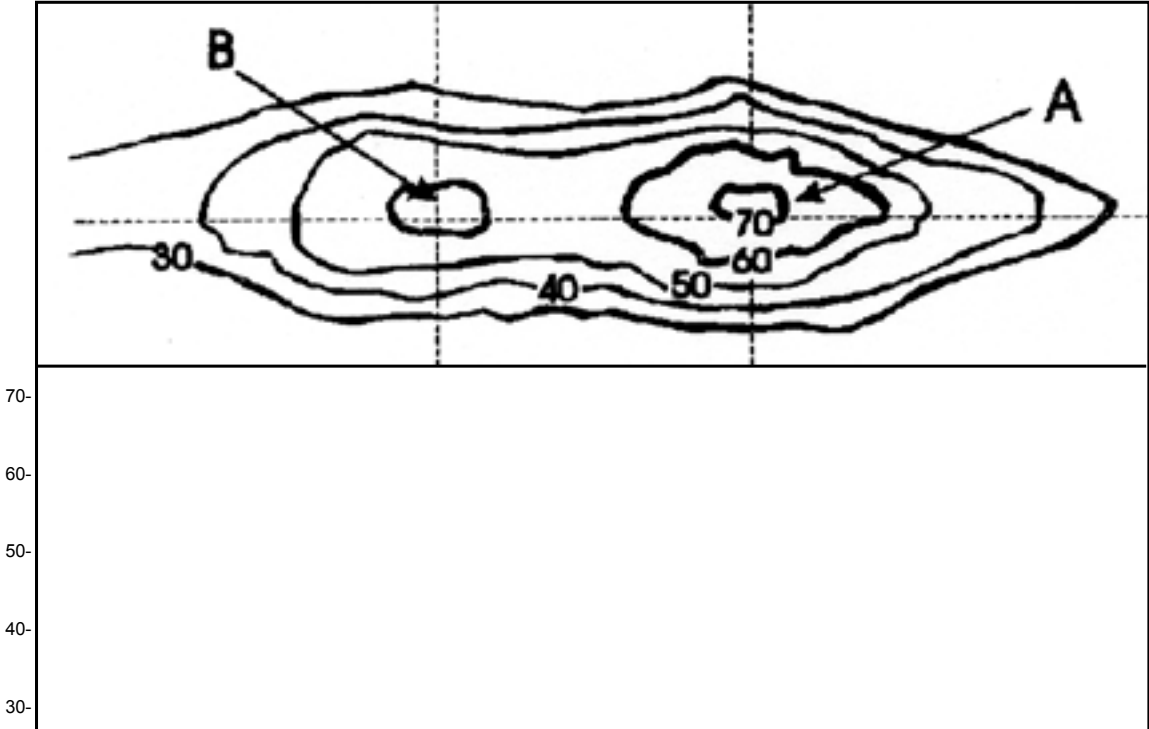
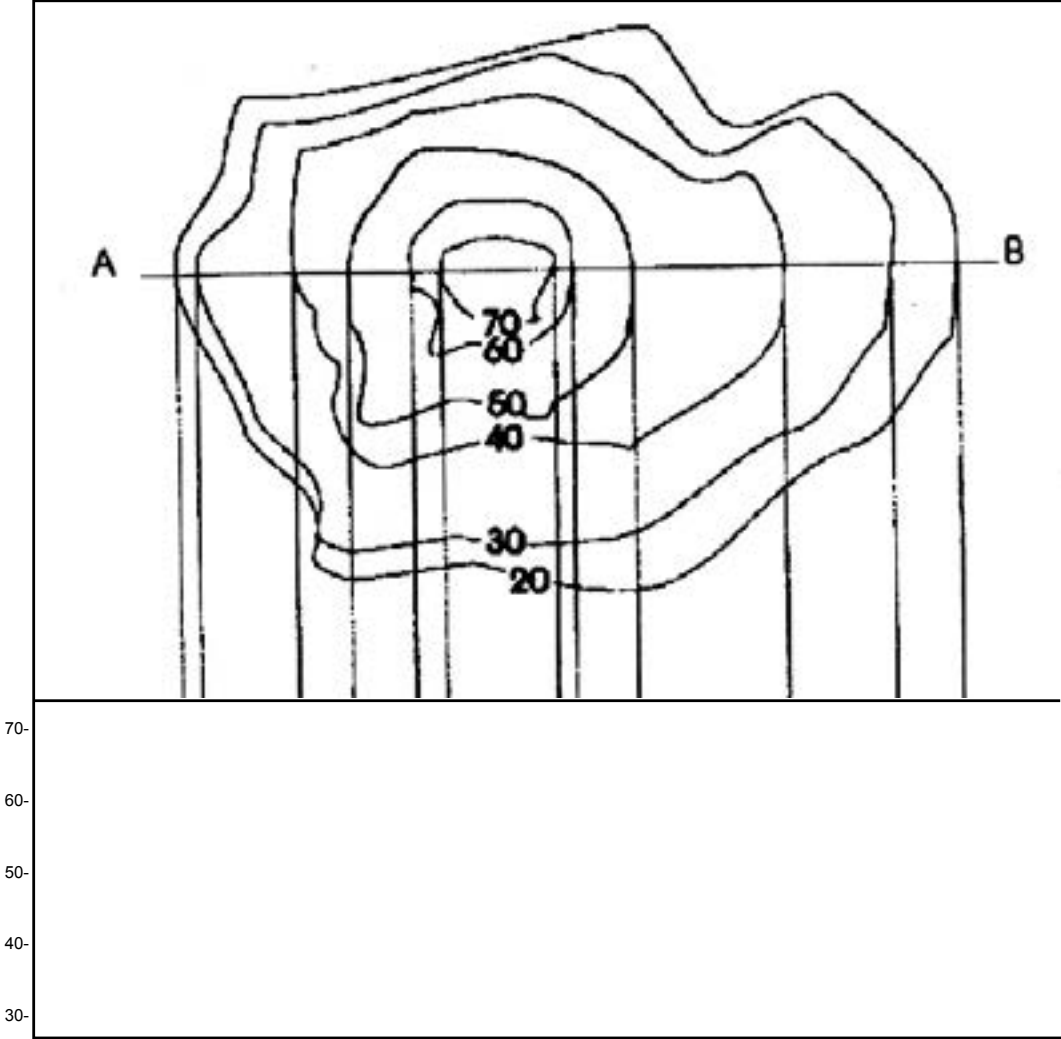
Activity 3 Answer	 <p style="text-align: center;">SCALE - KILOMETRES</p>
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Activity successfully completed

Date	Signature	Name/Rank

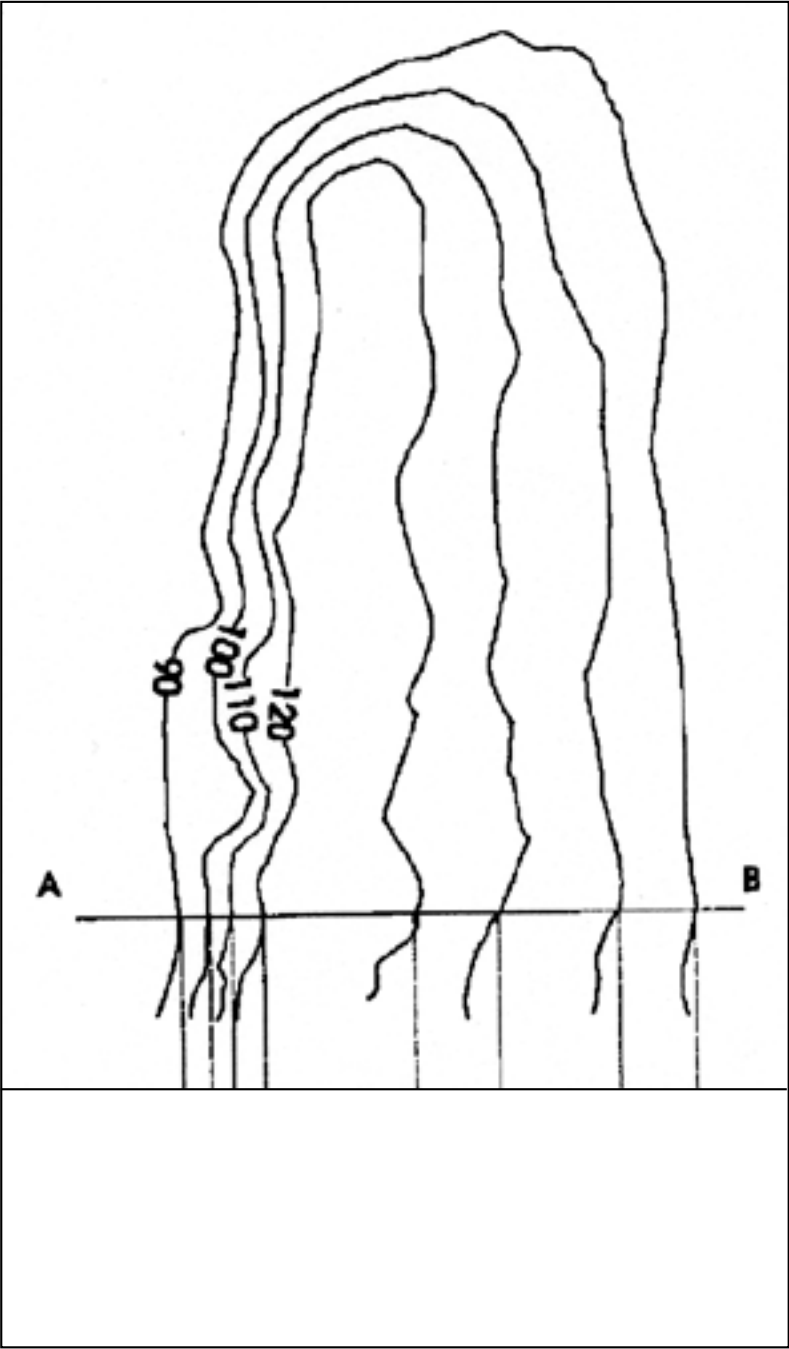
DISTINCTION LEVEL - OPTIONAL QUESTIONS (ACTIVITIES 1 – 15)

Task D2	Analyse sections of land profile by projection from map contour lines to get accurately from one point to the next.		
Activity 1 Question	Draw a cross section of the slope beneath the diagram.		
	<div></div>		
Activity 2 Question	What is name of this type of slope?	Activity 2 Answer	
Activity 3 Question	Can point B be seen from point A?	Activity 3 Answer	
Activity 4 Question	Draw a cross section of the slope beneath the diagram.		
	<div></div>		
Activity 5 Question	What is name of this type of slope?	Activity 5 Answer	
Activity 6 Question	Can point B be seen from point A?	Activity 6 Answer	

Activity 7 Question	Draw a cross section of the slope beneath the diagram. <div data-bbox="670 181 1817 913">  </div>		
Activity 8 Question	What are the 2 land features shown?	Activity 8 Answer	
Activity 9 Question	Can point B be seen from point A?	Activity 9 Answer	
Activity 10 Question	Draw a cross section of the slope beneath the diagram. <div data-bbox="711 1237 1770 2280">  </div>		
Activity 11 Question	Which slope is steeper A or B?	Activity 11 Answer	
Activity 12 Question	Can point B be seen from point A?	Activity 12 Answer	

Activity 13 Question

Draw a cross section of the slope beneath the diagram.



Activity 14 Question	What is this land feature called?	Activity 14 Answer	
Activity 15 Question	Can point B be seen from point A?	Activity 15 Answer	

Task D2 / Activities 1-15 - Marking											
1	Yes	No	2	Yes	No	3	Yes	No	4	Yes	No
5	Yes	No	6	Yes	No	7	Yes	No	8	Yes	No
9	Yes	No	10	Yes	No	11	Yes	No	12	Yes	No
13	Yes	No	14	Yes	No	15	Yes	No			

Activity successfully completed

Date	Signature	Name/Rank

Initial Expedition Training

Plan & prepare for safe walking expeditions

Use tents & carry equipment safely

Principles of safe camp craft on an expedition

Recognise & treat the effects of hypothermia & heat

INITIAL EXPEDITION TRAINING

Learning Outcome 1: Know how to plan and prepare for safe walking expeditions

PASS LEVEL - MANDATORY QUESTION

Task P1	Describe factors for consideration when planning a walking expedition.
Activity 1	Identify 4 factors that should be considered at the initial planning stage of an expedition.
1.	
2.	
3.	
4.	

Activity successfully completed

Date	Signature	Name/Rank

MERIT LEVEL - OPTIONAL QUESTION

Task M1	Explain the importance of factors for consideration when planning a walking expedition.
Activity 1	Why are the 4 factors identified in the previous question important?
1.	
2.	
3.	
4.	

Activity successfully completed

Date	Signature	Name/Rank

INITIAL EXPEDITION TRAINING

Learning Outcome 1: Know how to plan and prepare for safe walking expeditions

PASS LEVEL - MANDATORY QUESTION

Task P2	List the Country Code.
Activity 1	List the 5 main points of the Country Code.
1.	
2.	
3.	
4.	
5.	

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P3	Describe the purpose of a route card in a walking expedition.
Activity 1	Complete a route card for an imaginary or actual expedition. Explain verbally why each part is important.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P4	Identify how to prepare expedition equipment and clothing suitable for the walk being planned.
Activity 1	Demonstrate how expedition equipment can be prepared.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

INITIAL EXPEDITION TRAINING

Learning Outcome 1: Know how to plan and prepare for safe walking expeditions

MERIT LEVEL - OPTIONAL QUESTION

Task M2	Explain the importance of correct equipment for safety for everyone in an expedition.	
Activity 1	Identify expedition safety equipment. Explain its use and importance.	
Equipment	Use	Importance

Activity successfully completed

Date	Signature	Name/Rank

DISTINCTION LEVEL - OPTIONAL QUESTION

Task D1	Evaluate safety considerations for walking expeditions.	
Activity 1	Identify the safety considerations and say why they are important.	
Safety Considerations	Why are they important	

Activity successfully completed

Date	Signature	Name/Rank

INITIAL EXPEDITION TRAINING

Learning Outcome 2: Be able to use tents and carry equipment safely

PASS LEVEL - MANDATORY QUESTION

Task P5	Demonstrate the erection of tents for a walking expedition.
Activity 1	The cadet is able to erect a tent as part of a practical exercise.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P6	Demonstrate methods of kit packing for an expedition.
Activity 1	The cadet is able to pack a rucksack as part of a practical exercise.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

MERIT LEVEL - OPTIONAL QUESTION

Task M3	Use tents and carry equipment appropriate for a specific expedition.
Activity 1	The cadet is able to use a tent and a rucksack in a practical activity.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

First Class Cadet
INITIAL EXPEDITION TRAINING
Learning Outcome 2: Be able to use tents and carry equipment safely

DISTINCTION LEVEL - OPTIONAL QUESTION

Task D2	Justify selection of tents and carry equipment for specific expedition scenarios.
Activity 1	Why is specific equipment needed in particular circumstances? Give examples.

Activity successfully completed

Date	Signature	Name/Rank

First Class Cadet
INITIAL EXPEDITION TRAINING
Learning Outcome 3: Understand the principles of safe camp craft on an expedition

PASS LEVEL - MANDATORY QUESTION

Task P7	Describe the principles of warmth and comfort in camp.
Activity 1	Identify 4 things that can improve warmth and/or comfort whilst in camp on an expedition.
1.	
2.	
3.	
4.	

Activity successfully completed

Date	Signature	Name/Rank

INITIAL EXPEDITION TRAINING

Learning Outcome 3: Understand the principles of safe camp craft on an expedition

DISTINCTION LEVEL - OPTIONAL QUESTION

Task P8	Describe the essentials of siting, pitching and striking a camp.
Activity 1	Identify 3 important factors for each of the following
Siting a camp 1:	
Siting a camp 2:	
Siting a camp 3:	
Pitching a tent 1:	
Pitching a tent 2:	
Pitching a tent 3:	
Striking a camp 1:	
Striking a camp 2:	
Striking a camp 3:	

Activity 1 successfully completed

Date	Signature	Name/Rank

Activity 2

Practice the essentials of siting, pitching and striking a camp.

Activity 2 successfully completed

Date	Signature	Name/Rank

INITIAL EXPEDITION TRAINING

Learning Outcome 3: Understand the principles of safe camp craft on an expedition

MERIT LEVEL - OPTIONAL QUESTION

Task M4	Explain the principles of safe camp craft on an expedition.
Activity 1	How can the principles of safe camp craft be applied to an expedition?

Activity successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P9	Explain food and cooking safety considerations for expeditions.
Activity 1	The cadet gave a verbal explanation and a demonstration of food and cooking preparation.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

First Class Cadet
INITIAL EXPEDITION TRAINING

Learning Outcome 4:
Understand how to recognise and treat the effects of hypothermia and heat on individuals

PASS LEVEL - MANDATORY QUESTION

Task P10	Explain the symptoms of hypothermia and heat excess.
Activity 1	Explain the symptoms of hypothermia.
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Activity 1 successfully completed

Date	Signature	Name/Rank

First Class Cadet
INITIAL EXPEDITION TRAINING

Learning Outcome 4:

Understand how to recognise and treat the effects of hypothermia and heat on individuals

PASS LEVEL - MANDATORY QUESTION

Task P10	Explain the symptoms of hypothermia and heat excess.
Activity 2	Explain the symptoms of heat exhaustion.
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Activity 2 successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P10	Explain the symptoms of hypothermia and heat excess.
Activity 3	Explain the symptoms of heat stroke.
1.	
2.	
3.	
4.	

Activity 3 successfully completed

Date	Signature	Name/Rank

First Class Cadet
INITIAL EXPEDITION TRAINING

Learning Outcome 4:

Understand how to recognise and treat the effects of hypothermia and heat on individuals

PASS LEVEL - MANDATORY QUESTION

Task P11	Describe how to treat hypothermia and heat excess.
Activity 1	Describe how to treat hypothermia in addition to seeking immediate medical help.
1.	
2.	
3.	
4.	
5.	

Activity 1 successfully completed

Date	Signature	Name/Rank

Activity 2	Describe how to treat heat exhaustion in addition to seeking immediate medical help.
1.	
2.	

Activity 2 successfully completed

Date	Signature	Name/Rank

Activity 3	Describe how to treat heat stroke in addition to seeking immediate medical help.
1.	
2.	

Activity 3 successfully completed

Date	Signature	Name/Rank

Basic Radio Communications

Types of radio equipment used within the ACO

Sending messages on the Air Cadet radio network

Procedures needed for the safe use of radio

First Class Cadet
BASIC RADIO COMMUNICATIONS

Learning Outcome 1:

Understand the types of radio equipment used within the Air Cadet Organisation

PASS LEVEL - MANDATORY QUESTION

Task P1	Describe the types of radio equipment used within the Air Cadet radio networks.		
Activity 1	Answer the following questions.		
Type of Radio	Main Use	Average Range	Advantages or Disadvantages
Base Set			
Vehicle Installation			
Hand Held Radio			

Activity successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P2	Describe how radio equipment's operational frequency can limit its use.
Activity 1	Undertake a verbal assessment.

Activity Assessment Sheet successfully completed

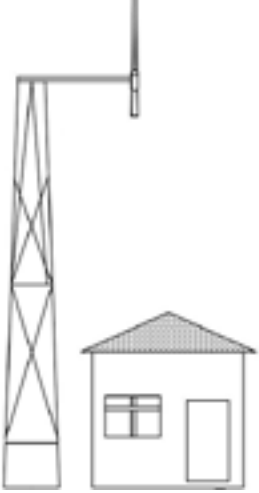
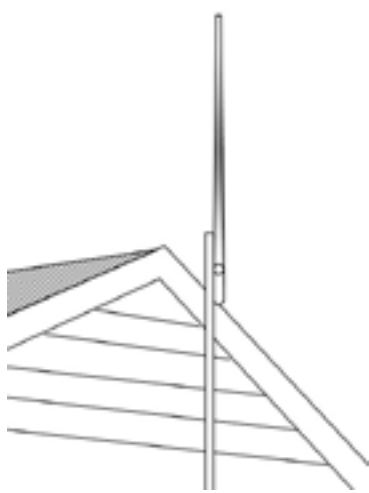

Date	Signature	Name/Rank

First Class Cadet
BASIC RADIO COMMUNICATIONS

Learning Outcome 1:

Understand the types of radio equipment used within the Air Cadet Organisation

PASS LEVEL - MANDATORY QUESTION

Task P3	Outline the link between aerials and the range of radio transmissions.	
Activity 1	Annotate the following diagrams showing which aerial locations are better for Medium, Short and Long Range communications.	
		
1.	2.	3.

PASS LEVEL - MANDATORY QUESTION

Task P3	Outline the link between aerials and the range of radio transmissions.
Activity 2	What conclusion do YOU come to as regards to the height of the aerial and range of transmission?

Activity 1 & Activity 2 successfully completed

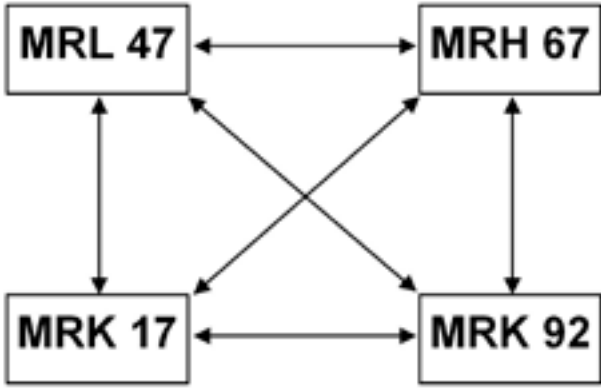
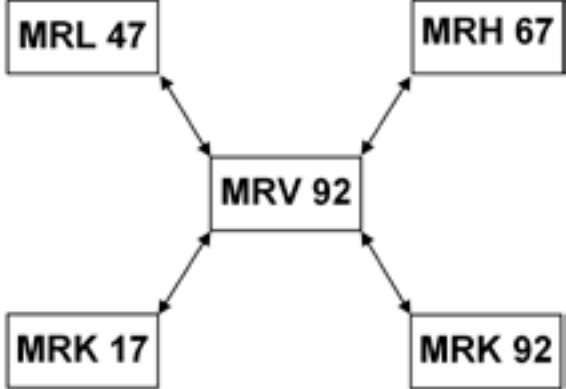
Date	Signature	Name/Rank

First Class Cadet
BASIC RADIO COMMUNICATIONS

Learning Outcome 1:

Understand the types of radio equipment used within the Air Cadet Organisation

PASS LEVEL - MANDATORY QUESTION

Task P4	Describe some of the features of an Air Cadet Radio Network that enable the sending of messages.	
Activity 1	Complete the following table for each type of Network.	
		
Name the type of network shown.		
May MRK92 freely talk to MRL47?		
Who controls this network?		
Who sends most of the messages?		
Will all stations be able to communicate directly?		

Activity successfully completed

Date	Signature	Name/Rank

First Class Cadet
BASIC RADIO COMMUNICATIONS

Learning Outcome 1:
 Understand the types of radio equipment used within the Air Cadet Organisation

MERIT LEVEL - OPTIONAL QUESTION

Task M1	Explain the relationship between frequency and aerial length
Activity 1	What is the relationship between frequency and aerial length?

Explanation satisfactorily completed

Date	Signature	Name/Rank

MERIT LEVEL - OPTIONAL QUESTION

Task M2	Explain the construction of a callsign used by an Air Cadet Unit and how a mobile callsign would be constructed from a base callsign.	
Activity 1	Complete the table below.	
What is your unit callsign?		
Indicate what each part of the callsign means	M	
	R	
What would be added to indicate a mobile callsign?		

Explanation satisfactorily completed

Date	Signature	Name/Rank

First Class Cadet

BASIC RADIO COMMUNICATIONS

Learning Outcome 1:

Understand the types of radio equipment used within the Air Cadet Organisation

DISTINCTION LEVEL - OPTIONAL QUESTION

Task D1	Evaluate the factors which will influence the choice of a control station.	
Activity 1	What factors do YOU think are relevant?	
Factor	Comment	

A satisfactory understanding of choices

Date	Signature	Name/Rank

First Class Cadet
BASIC RADIO COMMUNICATIONS

Learning Outcome 2:
Be able to send messages on the Air Cadet Radio Network

PASS LEVEL - MANDATORY QUESTION

Task P5	Use the phonetic alphabet to spell words and convey figures in radio messages.
Activity 1	Undertake a verbal test of knowledge, spelling several words and using multiple numeric sequences.

Activity Assessment Sheet 'Phonetic' exercise was satisfactorily completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P6	Use radio procedures to obtain radio checks.
Activity 1	Undertake a simulated verbal test of procedures using known station and generic calls.

Activity Assessment Sheet 'Radio Check' exercise was satisfactorily completed

Date	Signature	Name/Rank

First Class Cadet
BASIC RADIO COMMUNICATIONS

Learning Outcome 2:
Be able to send messages on the Air Cadet Radio Network

MERIT LEVEL - OPTIONAL QUESTION

Task M3	Use radio procedures to convey messages using correct messaging techniques.
Activity 1	Undertake a verbal test of various simulated message procedures.

Activity Assessment Sheet Verbal test was satisfactorily completed

Date	Signature	Name/Rank

DISTINCTION LEVEL - OPTIONAL QUESTION

Task D2	Use radio procedures to relay messages to other stations which are out of reach from the originating station
Activity 1	Undertake a verbal test of procedures using correct prowords and network control principles.

Activity Assessment Sheet Verbal test was satisfactorily completed

Date	Signature	Name/Rank

First Class Cadet
BASIC RADIO COMMUNICATIONS

Learning Outcome 3:
Be able to follow the procedures needed for the safe use of radio

PASS LEVEL - MANDATORY QUESTION

Task P7	Demonstrate the safe care, handling and disposal of radio batteries.
Activity 1	Practically demonstrate, or discuss with your instructor if no batteries are available.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

PASS LEVEL - MANDATORY QUESTION

Task P8	Show correct procedures when using portable radio equipment.
Activity 1	Practically demonstrate, or discuss with your instructor if no equipment is available.

Activity Assessment Sheet successfully completed

Date	Signature	Name/Rank

First Class Cadet

BASIC RADIO COMMUNICATIONS

Learning Outcome 3:
Be able to follow the procedures needed for the safe use of radio

PASS LEVEL - MANDATORY QUESTION

Task P9	Identify health and safety issues associated with radio operations when operating radio equipment.	
Activity 1	List the health and safety issues associated with radio operations below and any safety actions you would take.	
Issue	Action	

Health and Safety issues successfully completed

Date	Signature	Name/Rank

First Class Cadet
BASIC RADIO COMMUNICATIONS

Learning Outcome 3:

Be able to follow the procedures needed for the safe use of radio

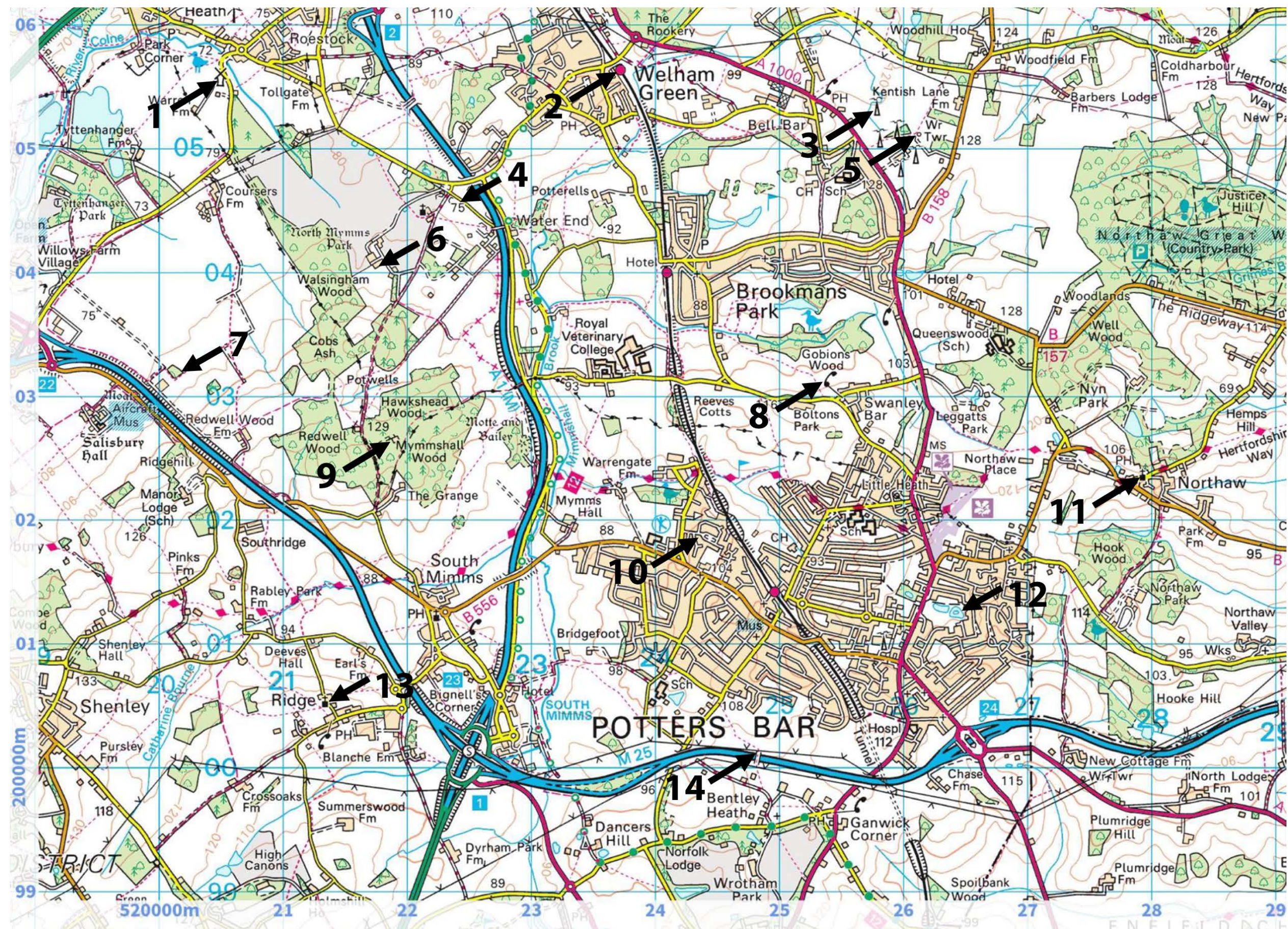
MERIT LEVEL - OPTIONAL QUESTION

Task M4	Demonstrate the safe assembly of a handheld radio, battery and aerial.						
Activity 1	Practically demonstrate, or discuss with your instructor if no equipment is available.						
Battery handling		Radio handling		Correct assembly		Aerial fitting	
Yes		Yes		Yes		Yes	
No		No		No		No	

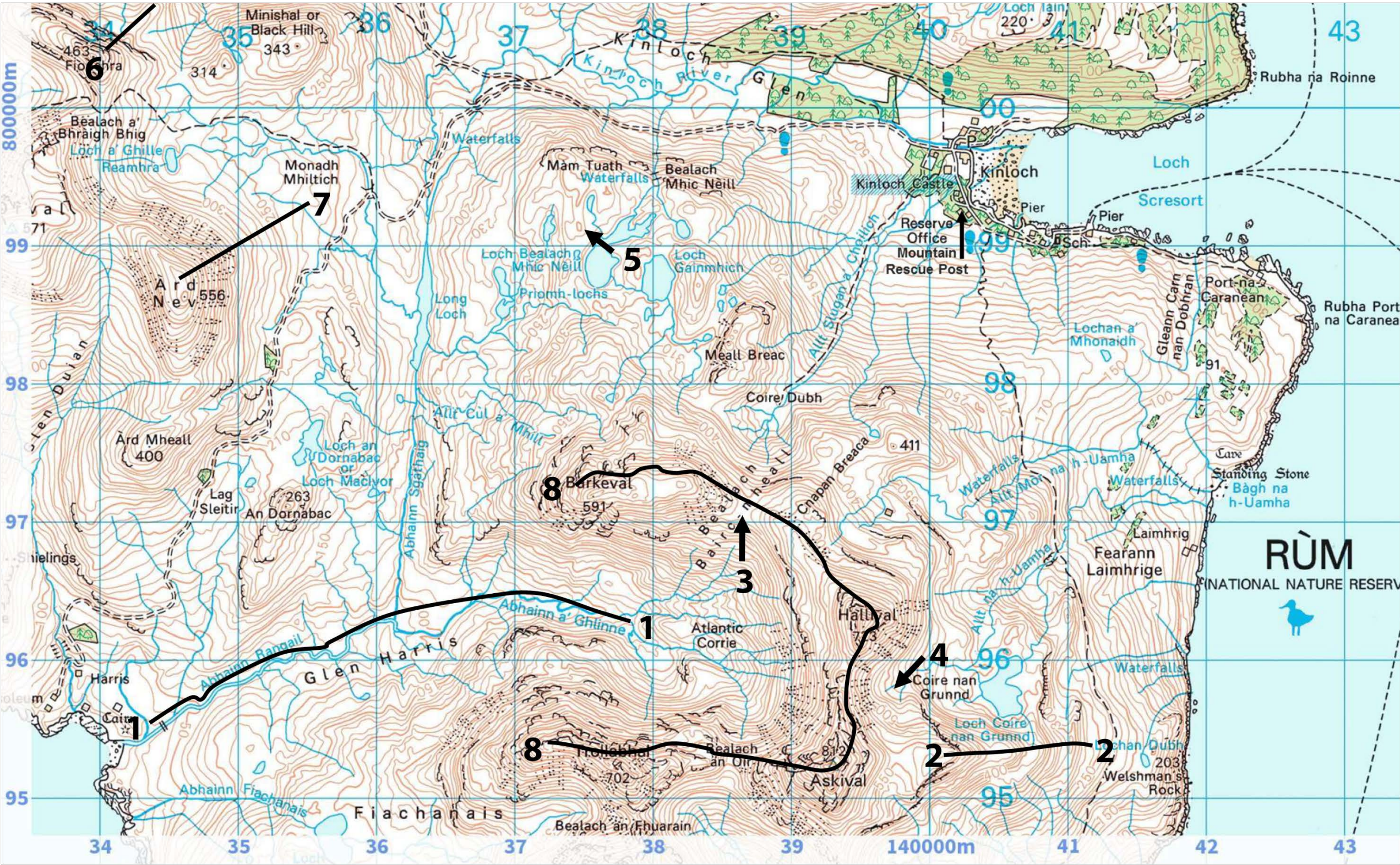
Demonstration/Discussion successfully completed

Date	Signature	Name/Rank

Potters Bar Map



Rhum Map



CADETS DECLARATION		
I declare that answers given in this Logbook are entirely my own work.		
Date	Signature	Name/Rank

INTERNAL VERIFICATION DECLARATION

DECLARATION		
This declaration should be made by someone who has not signed any of the contents of the Logbook, as per ACTO 18.		
I declare that I am satisfied that the contents of this Logbook are the cadet's own work and have been appropriately assessed.		
Date	Signature	Name/Rank

NOW UPDATE BADER SMS

Wing Document Audit		
Date	Signature	Name/Rank