

RCSCC COURAGEOUS  
19 Becher St  
London ON N6C 1A4

1085-20-1 (CO)

14 Sep 2023

Parents/Guardians and Cadets

Our Fall Sail Training Days at the Windsor Cadet Nautical Site are taking place on 16-17 September.

All cadets participating on Saturday and Sunday need to arrive at HMCS PREVOST at 07150 hrs (7:30 AM the bus departs) on both days. Cadets will return to HMCS PREVOST at 1930 hrs (7:30 PM) each evening.

We have limited spots available so if your cadet has been selected, please ensure they attend if possible. If you know that your cadet is not able to attend the sail weekend, please submit our online request form as soon as possible so another cadet on the standby list can be advised. All cadets participating will be working towards their Canadian Yachting Association's CANSail level 1 and some will have the opportunity to participate in Small Craft Operator Program (SCOP) training in powerboats with staff instructors.

Cadets should arrive on Saturday and Sunday having already eaten breakfast. Morning snacks, juice, water, lunch and supper will be provided for the cadets. Cadets will be on the water most of the day. Cadets are encouraged to check the weather forecast for the Windsor area and bring the necessary clothing to sail in as well as a warm jacket and sweatpants.

**Kit List for each day:**

**\*\*Cadets MUST have their OHIP (Health) Card and completed Consent form to board the bus\*\***

- 2 sets of clothing that cadets will sail in (these will get wet!)
- 1 pair of shoes that can get wet
- 1 pair of shoes and socks that will stay dry
- Rain gear (to sail in case of inclement weather)
- Ball cap (NOT their Corps ball cap to wear if sunny)
- Sunscreen
- Sunglasses with a head strap (optional)
- Towel
- Warm Fall/Spring jacket and warm track/sweatpants
- Plastic bag labeled with the cadet's name to put wet clothing in
- Any required medication, labelled with name and dose details – please advise staff upon arrival.

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