



RCSCC COURAGEOUS
19 Becher St
London ON N6C 1A4

1085-20-1 (CO)

06 June 2023

Parents/Guardians and Cadets

As part of our training, we will be participating in a Nautical Site and Sail Training weekend on 10/11 June and 17/18 June. This sail weekend will be held in Windsor, Ontario.

All cadets participating this weekend need to **arrive at HMCS PREVOST at 0730 hrs (7:30 AM)** on both Saturday and Sunday. Cadets will return to HMCS PREVOST each night and arrive around 2030 hrs (8:30 PM). We have limited spots available so if your cadet has been selected, please ensure they attend if possible. Meals will be purchased for the number of cadets attending and we don't want food to go to waste.

If you know that your cadet is not able to attend the sail weekend, please advise Lt (N) Lavigne 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. See attached kit list for a detailed list of necessities.

Kit List for each day:

- 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 cadets name to put wet clothing in
- Any required medication, labelled with name and dose details – please advise staff upon arrival.

*****Cadets MUST have their OHIP (Health) Card in order to board the bus*****

Sarah Lavigne
Lieutenant (Navy)
Commanding Officer