

**JUNIOR TRAINING**

**RED ACTIVITIES**

**Mandatory Stepping Stones**

**Information:** The first 6 Stepping Stones are mandatory elements and must be completed by all Junior’s as quickly as possible, as some contain important health and safety information.

**Stepping Stone 1 – Induction**

Welcome to the Unit and Introduction to Unit staff.

Junior Cadet to take part in a tour of the Unit.

Describe the types of activities a Junior Cadet can expect to participate in.

Allow the Junior Cadet to observe Colours and Evening Colours ceremonies. Also talk about expectations and ground rules.

Explain Unit Parade Nights, what happens and why we have them.

**Stepping Stone 2 – Unit Organisation**

Introduction to Unit staff and helpers within the Unit. Explain their roles and how to address them.

Draw a diagram of the Unit Staff Organisation.

**Stepping Stone 3 – Ceremonial**

All Junior Cadets to learn basic drill movements:

Attention, Stand at Ease, To the Front Salute, Left and Right Turn, Falling Out From a Squad, Marching.

Explain the drill movements needed during a Colours and Evening Colours ceremony.

All Junior Cadets to understand the calls made within the Unit, including: Still, Carry On and General Call. Ensure all Cadets know what to do when they hear a call.

Explain why we continue Naval Customs, such as Colours and Evening Colours, Saluting the Quarterdeck.

**Stepping Stone 4 – Uniform**

All Junior Cadets to understand the importance of wearing uniform correctly and maintaining the condition.

Teach how to store uniform properly.

Teach how to iron items of uniform.

Teach how to clean boots and shoes.

Diagram given of where badges should be sewed.

**Stepping Stone 5 – Promise**

All Junior Cadets to learn the NCF promise.

*On my honour, I promise to uphold the aims and values of the Navy Training Corps. I will behave at all times in a manner that is respectful to all. Showing my pride in myself, my uniform and the corps.*

**Stepping Stone 6 – Marines**

All Junior Cadets should be given the opportunity to spend a parade night with the Marine Detachment. If possible, a Marine staff member to teach how to apply camouflage cream properly and basic field craft.

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**Stepping Stone 7 – Navy Ranks**

Teach ranks and rates of Junior and Navy cadets in the Navy Training Corps.

Get Junior Cadets to complete the structure.

Junior Cadet NE > Junior Cadet 2nd Class > Junior Cadet 1st Class > Leading Junior Cadet

Recruit > Cadet > OC > AB > Leading Cadet > POC

**Stepping Stone 8 – Marine Ranks**

Teach ranks and rates of marine cadets in the Navy Training Corps.

**Stepping Stone 9 – Basic Seamanship**

Junior Cadets to learn basic knots including: reef knot and figure of eight, round turn and two half hitches.

Understand their uses.

Understand what a bend, a hitch and a knot is.

**Stepping Stone 10 – Parts of a Boat**

A handout should be created so Cadets are able to label parts of a boat.

Junior Cadets should also learn basic nautical sea terms such as galley, heads and deck.

**Stepping Stone 11 – Parts of an Oar**

Again, using a handout provided, get the Junior Cadets to label parts of an oar.

Junior Cadets should be given the opportunity to make their own oar.

**Stepping Stone 12 – Emergency Services**

Junior Cadets should be taught how to make an emergency call.

Give Juniors the opportunity to role play an emergency situation.

What service you require, Who you are, Where you are, Why you’re calling, How many people are injured.

**Fire**

Teach Juniors the fire triangle, what to do if they discover a fire etc.

**Ambulance**

Teach Juniors about the ambulance service, in what instances do you need to call an ambulance

**Police**

Teach Juniors what to do if you witness a crime etc. Reasons as to why you need to call the police.

**Stepping Stone 13 – First Aid Syllabus**

Introduce the Heart Start syllabus.

**NB:** This module should be taught by a qualified first aid instructor.

**Stepping Stone 14 – First Aid Fun**

Junior Cadets should learn what makes up a First Aid kit.

Accident Word Bingo should be played as this will help the cadets to recognise and understand words associated with accident situations and what they mean. For example: breathing, circulation, conscious, unconscious, alert, bleeding, fracture, safety, danger, response, airway.

**Stepping Stone 15– Cleanliness and Hygiene**

Junior Cadets should learn the importance of keeping clean and maintaining hygiene.

This module should also include dress regulations for hair. A practical session for females should also be held.

**Stepping Stone 16 – Ships Visit**

A visit to a ship should be organised, or serving personnel should be invited to the unit to talk to the cadets about what life in the armed forces is like.

**Stepping Stone 17 – Boatswain’s Call**

Cadets should learn basic history of the Boatswain’s Call.

They should also be given the opportunity to be Boatswain’s mate. The quartermaster should be able to educate the duties and responsibilities of being BM.

**Stepping Stone 18 – Naval History**

Junior Cadets such learn key events within naval history. Role play would be a good learning tool as Cadets could act out famous battles.

A boat trip should be organised for this module.

**Stepping Stone 19 – Marine History**

Junior Cadets should learn important facts of marine history.

Marines should preferably organise and run the lesson as it would be more beneficial.

Again, role play would be useful learning tool, so going into the field would be very educational.

**Stepping Stone 20 – CODES**

Look at different codes and why they were needed.

Junior Cadets should make their own code and send messages using a handouts provided.

They should also learn a little bit about Morse Code and how it can used through light and sound.

**Stepping Stone 21 - Radios**

This module would be very beneficial in the field as radios are a useful way to pass messages and keep in contact with others.

Get the Cadets to work as a team when completing a task using radios.

**Stepping Stone 22 – Phonetic**

Junior Cadets should have a basic understanding of the phonetic alphabet and be able to express simple phrases through radios.

**Stepping Stone 23– Semaphore**

Juniors should have a basic understanding of the semaphore alphabet and be able to pass messages.

Junior Cadets should make their own flags using materials provided.

Look at signal flags used at sea and find out their meaning.

**Stepping Stone 24 – 24 Hour Clock**

Teach the Junior’s how to understand a 24 hour clock and why we use it.

Get them to make a clock using a paper plate and pivot pins.

Introduction of bells and watches should be made to those cadets who are more competent at telling the time.

**Stepping Stone 25 – Role Play**

For this module, Junior Cadets should successfully be able to run a parade night.

All Juniors must understand all roles including quartermaster, boatswain’s mate, ensign, taking deck etc.

**Stepping Stone 26 – Visit to HQ**

All Juniors, at some point during their cadet career should be involved in a visit to the HQ unit.