



AIR CADET LEADERSHIP SYLLABUS

BRONZE LEADERSHIP

BASIC LEADERSHIP

PRACTICAL TASKS

 ROYAL AIR CADETS
AIR FORCE the next generation

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OUTLINE - STAFF EYES ONLY

Equipment

1 x long rope	3 x small drums
2 x medium ropes	1 x plank
1 x large drum	

Time Limit	Area Required	Preparation Time
25 minutes	Small	5 minutes

Set up two ropes as a start and finish line, about 7m apart. The Cadets must transport themselves and their equipment across the gap, with only ONE 45 Gallon drum allowed to touch the ground.

Finish

7m

Start



Return after use

Exercise Bronze 01

Acid Pool



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

- You are on one side of a pool of highly acid liquid. You must transport yourself and your team, and all your equipment to the other side of the pool, within 25 minutes.
- Only 1 of your large drums is acid resistant though, and anything else touching the ground will be deemed to have been eaten away by the acid.

Have you any questions?

(answer by re-reading the relevant part of the briefing again)

Check understanding:

What may touch the ground?

How long are you allowed?

Return after use

OUTLINE - STAFF EYES ONLY

Equipment	
2x ropes (start/ finish)	1x 2m plank
6x crates/ tyres	1x rope
3x 3m planks	Stretcher

Time Limit	Area Required	Preparation Time
20 minutes	Small	10 minutes

Set out a start and finish line 8m apart.

1.25m in from the start place two boxes with a plank across them, running parallel to the start line.

2.5m in from there place two wooden boxes, or cans.

A similar distance from these place a second pair of boxes with a plank also running parallel to the start/finish lines. The finish should be about 1.25m beyond the second plank.

The Cadets must move a casualty on a stretcher from behind the start line to beyond the finish line without any equipment touching the ground.

The two boxes in the centre may not be moved.

Finish



Start



Return after use



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

- One of your team has become seriously ill, and will die if you cannot get him/her to hospital.
- An obstacle has presented itself, which must be traversed within 20 minutes if you are to rendezvous with an helicopter to airlift the casualty to safety.
- You must traverse the obstacle without any equipment touching the ground.
- The two boxes in the centre may be touched but cannot be moved.

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

What may touch the ground?

What can touch the two boxes in the centre?

Return after use

OUTLINE - STAFF EYES ONLY

Equipment

Questions Maps	A selection of coloured balls/ cones (see image below for colours)
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Time Limit	Area Required	Preparation Time
30 –60 minutes	Medium—Large	30 minutes

Around the area are several areas marked as pockets, other points are designated as balls, several 'red', and the other colours.

Teams are to try to get as many points as possible. These are to be obtained by getting to a red ball area and correctly answering a question. If answered correctly they pick up a point and take it to whichever pocket they wish. At the pocket they must answer another question to 'pocket' the ball. Once a red has been pocketed then a colour can be sought , another question answered, taken to a pocket and the second question answered. If any question is answered incorrectly then the team must restart by trying to collect a red ball question.

DS may draw questions from the Air Cadet Training Syllabus for the differing levels of difficulty of question. It may also be possible to award a 'biggest break' award.



Return after use



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

- A group of renegade terrorists have captured you. They are not quite entirely behind their cause, and could not care less that they have captured you. They have therefore decided to either let you go free, or kill you.
- In order to secure your freedom, you must demonstrate that you are worthy of being released. To demonstrate your suitability you must show your knowledge to them. Being a bunch of terrorists though, they insist that you work for your freedom.
- Your demonstration of knowledge will take the form of a game of snooker. You must run to the red ball marker and back in order to earn a 1 point question.
- If you get it correct you can pick a coloured marker, go there and come back in order to earn that value question. You continue as you do in snooker, until you get a question wrong, when you end one break but continue scoring with another break. You will therefore have the chance at red, colour, red, colour, red, colour, yellow, green, brown, blue, pink, black, in that order.
- (Red=1, Yellow=2, Green=3, Brown=4, Blue=5, Pink=6, Black=7) .
- By the end of your "game" the terrorists will decide whether you live free, or die.

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

How do you 'pocket' a red point?

How do you score further points?



OUTLINE - STAFF EYES ONLY

Equipment

2x long ropes

1x small barrel

Time Limit	Area Required	Preparation Time
20 minutes	200 metres	10 minutes

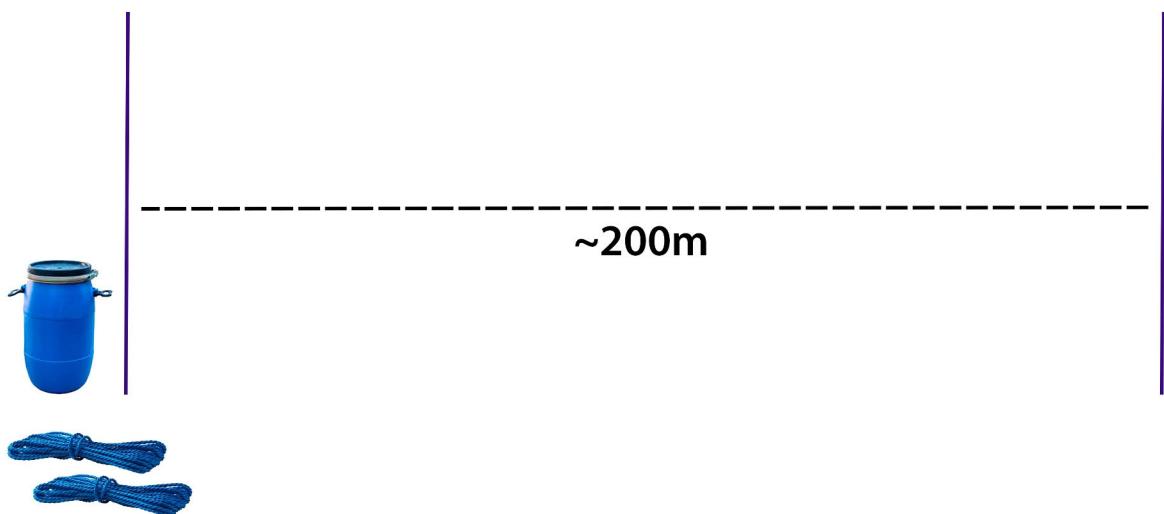
Mark a start and a finish point about 200m apart.

At the start position a small barrel.

The Cadets must transport the can, representing an atomic bomb, from the start to the finish, without the bomb touching the ground in between times.

Cadets may not touch the bomb. No Cadet is to be within 2m of the bomb. After standing within 1m of the bomb for 1 minute the Cadet must sit down for 1 minute.

The bomb is fragile and must be treated carefully.



Return after use

Exercise Bronze 04

Atomic Airlift



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

- An enemy agent has successfully planted an atomic device outside the unit headquarters. They were obviously in a rush though, because the device is leaking radiation badly, and hence must be moved with care, to a position of safety. Once lifted the device cannot touch the ground until it is in the safe zone. No one is to stand less than 2m from the device.
- Anyone standing within 4m of the device for 1 minute must rest for 1 minute.
- The device is thought to be highly unstable, and should be treated with the utmost care.

The timing device on it suggests you have 25 minutes to remove the device to safety.

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

What can touch the ground?

How long can you remain within 4m of the device for?

Return after use

OUTLINE - STAFF EYES ONLY

Equipment

2x ropes (start/ finish)	1x 3m plank
3x large barrels	

Time Limit	Area Required	Preparation Time
20 minutes	Small	5 minutes

Set up a start and finish line without two ropes about 8m apart.

The cadets must get themselves and all the equipment from the start to the finish line, inside the allotted time.

Finish

8m

Start



Return after use



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

- You are one side of an acidic river. The team is required across at the other side of the river for essential purposes.
- Only the barrels may touch the river. No equipment may be thrown, otherwise splashes may injure the team, or equipment may be washed away in the river.
- The barrels in the central

You have 20 minutes to cross the river.

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

What may touch the river?

when must you be over by?

Return after use

OUTLINE - STAFF EYES ONLY

Equipment

4x long ropes	1x 2m plank
4x small barrels/ boxes/ tyres	2x long ropes

Time Limit	Area Required	Preparation Time
25 minutes	Small	10 minutes

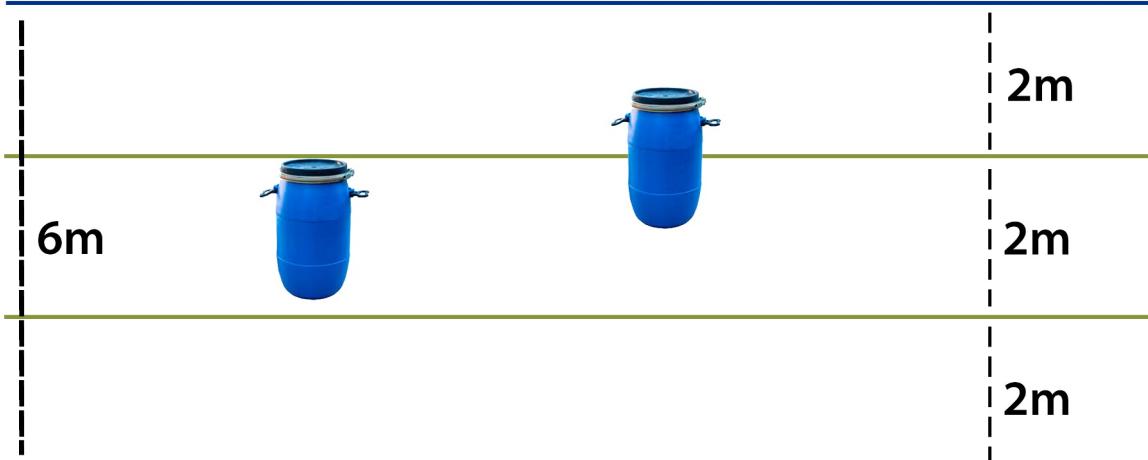
Set up a start and finish line 6m apart.

2m and 4m out set out two more ropes to mark the centre aisle.

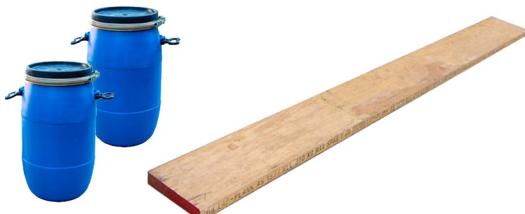
In the centre aisle set up two barrels.

The cadets must move from start to finish, without touching the ground and without any of their equipment touching the ground in the centre aisle.

Finish



Start



Return after use

Exercise Bronze 06

Hurdles



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

- You are to transport yourselves and your equipment from the start to the finish line.
- No person may touch the ground from the start to the finish. No equipment may touch the ground in the central aisle. No equipment may be thrown.
- The barrels in the central aisle may be moved, but cannot leave this section.
- The barrels in the central aisle do not need to be moved to the other side of the river.

You have 25 minutes to complete the exercise.

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

What may touch the ground?

What may touch what in the central area?

Return after use

OUTLINE - STAFF EYES ONLY

Equipment

2x ropes (start/finish)	1 or 2 small poles.
2x ropes between trees / poles	1 small barrel
Various ropes to make a web	

Time Limit	Area Required	Preparation Time
20 minutes	Small	20 minutes

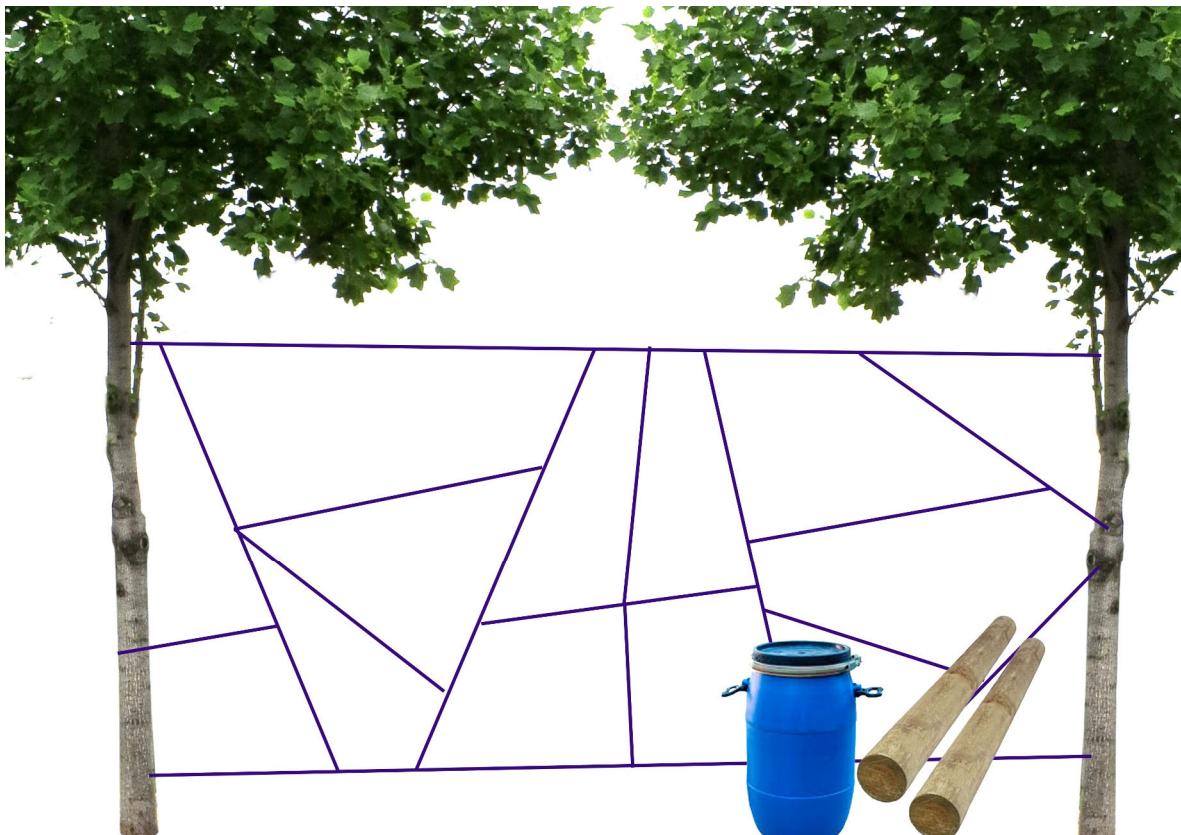
Between two trees tie a rope about 2m above the ground.

Tie a second rope about 20-30cm above the ground. Using the two ropes, and the two trees, create a series of random sized, and spaced gaps, through which the cadets must pass without touching the rope itself.

Once a particular gap has been passed through, it cannot be used again.

The Cadets must get through the web, without touching it, with the equipment provided.

No one is allowed to touch the ground within 50cm of the web. (Start & Finish lines)



Return after use



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

- You and your team are being pursued through dangerous tropical terrain, and have come across a large spiders web which bars your way. Your pursuers are about 20-25 minutes behind you, so you must pass the obstacle before then if you are to avoid capture.
- The Spiders web is rather dangerous, as you can see by the size of it. If you touch the web, the spider, which is quite large as you can imagine, will be alerted, and is more than capable of killing you.
- Nothing is to touch the ground within 50cm of the web, otherwise you may attract the unwelcome attentions of the spider.
- Once you have passed through the web, you cannot use the same 'hole' again.

You have 20 minutes to get your team and your equipment through the web. By doing so, you will prevent your pursuers from being able to pass through it, thus you can make good your escape.

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

What can touch the ground either side of the web?

How long have you to get through the web?

How many times can you pass through any one hole?

Return after use



OUTLINE - STAFF EYES ONLY

Equipment

A 'bomb'
Map

Compass

Time Limit	Area Required	Preparation Time
30 minutes	Medium/ Large	30 minutes

A sound activated bomb is located at a given reference. It is timed to go off at a given time and the idea is to retrieve the bomb and return it to a dedicated group of bomb disposal experts at a second given grid reference. All other teams involved are to be treated as hostile and are to be avoided at all times. The distances involved are dependant on the area of operation, but should be far enough apart to require accurate map reading and the necessity for the team to work together in order to overcome any limitations and problems imposed by the DS team.

Sound Activated Bomb

Exercise Bronze 08



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

- A sound activated bomb is located at a given reference, it is timed to go off at a given time, the idea is to retrieve the bomb and return it to a group of dedicated bomb disposal experts at a second given reference.
- All other teams are to be treated as hostile, and are to be avoided at all times.
- The distances involved are dependent on the area of operation, but should be far enough apart to require accurate map reading, and the necessity for the team to work together in order to overcome any limitations and 'injects'.
- You are a team of specialist bomb retrieval experts. Information has arrived to indicate that a new type of sound activated bomb has been left in an area close to this FAH.
- You are to retrieve the 'bomb' and return it to GR_____ by _____ hours where it will be deactivated by bomb disposal officers.
- The 'bomb' is activated by noise up to a range of 15m.
- The bomb must be taken to GR_____ by _____ hours.

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

What is the range of the bomb's hearing?

when must it be at its' final destination?

Return after use

OUTLINE - STAFF EYES ONLY

Equipment

2x ropes (start/finish)	6x blindfolds
10 –15x barrels/ cans/ comes	

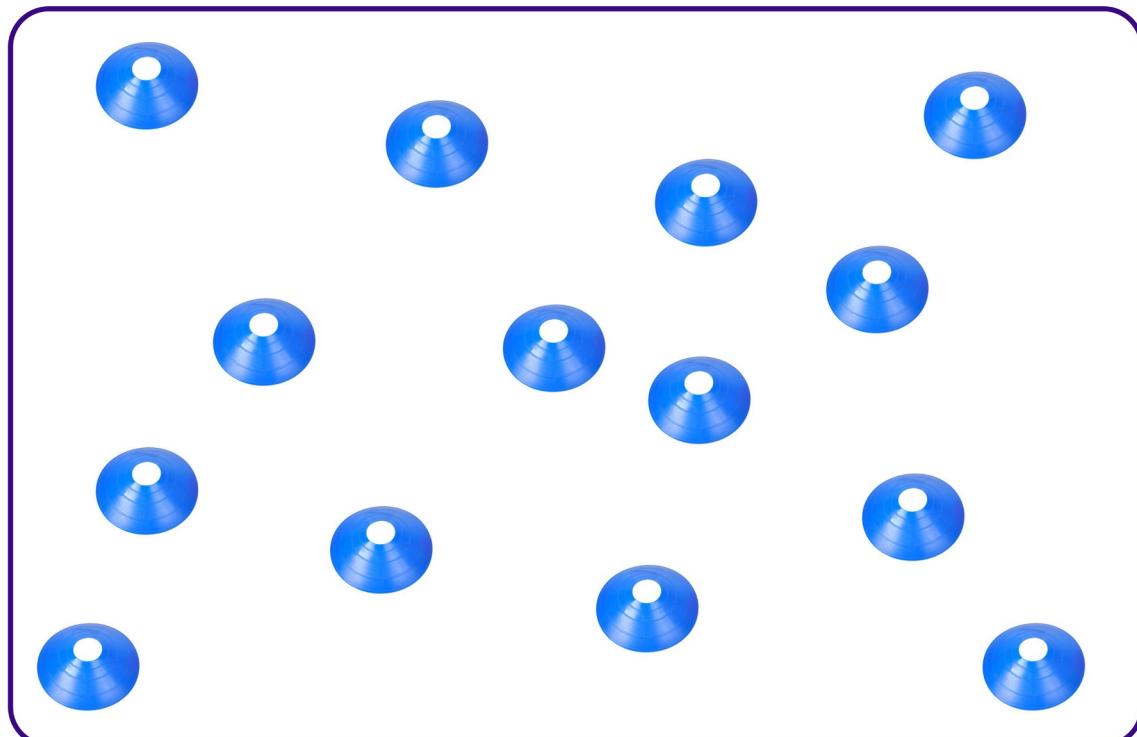
Time Limit	Area Required	Preparation Time
20 –30 minutes	Small	5 minutes

A start and finish line are to be laid out, the objective being to get one team member to guide the other team members through a minefield.

The mines are represented by small barrels, cans or whatever comes to hand. The guiding Cadet is not allowed to use words to guide the rest of the team, and DS may move barrels during the course of the exercise to increase the effective number of barrels.

All team members apart from the guide are to be blindfolded.

Finish



Return after use



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

- You are the only member of your team who is left able to see, after a thermonuclear explosion. Although you can see, you cannot talk, but can make sounds.
- You and your team have come across a minefield which you must cross, however, only one member is allowed in the minefield at a time. You must guide the rest of your team through the minefield to safety.
- Arrange a system of signals before starting, then guide each team member in turn across the minefield. Mines may be moved during the course of the exercise, to simulate more mines than we have equipment for.

You will have 25 minutes to complete the task.

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

Who can see?

What cannot you do?

Return after use



OUTLINE - STAFF EYES ONLY

Equipment

2x ropes (start/ finish)	2 medium ropes
6-8x small barrels/ boxes/ tyres	Stretcher with casualty/ heavy box

Time Limit	Area Required	Preparation Time
20 minutes	Small	5 minutes

The cadets are to 'simulate' a rescue in a smoke filled environment. As smoke leaves a gap beneath it, this is the only area they are allowed to work in. ANY cadet above 1m above the ground will be deemed killed by toxic fumes. Set up a start and finish line, about 10m apart.

Place some SMALL barrels in the gap, randomly spaced, some standing up, and some lying on their sides.

The Cadets must get from the start to the finish, without touching the ground, AND without any team member being more than 1m above ground level.

They must transport a heavy box, or stretcher bound casualty.

Another more difficult option is to have them get in, get the casualty, AND get the casualty out.

Finish



Start



Return after use



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

You have been summoned to help with a daring rescue of an injured colleague. Your colleague is in a burning building, which is emitting highly toxic fumes which kill in less than a second. Unfortunately the toxic fumes are invisible, so you cannot see where the layer of smoke fumes is. You must get your team and your equipment through the smoke filled room, to safety. In order to remain alive you MUST stay below 1m above ground level. There is one other small hazard. The floor of the room is spattered with very noxious substances which have also spilled. These will kill on contact, so your team must on no account touch the floor, with anything other than the equipment provided. Good Luck !

—OR—

You have been summoned to help with a daring rescue of an injured colleague. Your colleague is in a burning building, which is emitting highly toxic fumes which kill in less than a second. Unfortunately the toxic fumes are invisible, so you cannot see where the layer of smoke fumes is. You have found your colleague but the way you came into the building is now barred and you must pass through the smoke filled room, to get to safety. In order to remain alive you MUST stay below 1m above ground level. There is one other small hazard. The floor of the room is spattered with very noxious substances which have also spilled. These will kill on contact, so your team must on no account touch the floor, with anything other than the equipment provided. Get your stretcher-bound casualty out of the building with' 20 minutes to get proper medical assistance. Good Luck !

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

How long can you be in the smoke plume?

What height must you stay below to stay alive?

What can touch the floor?

Return after use

OUTLINE - STAFF EYES ONLY

Equipment

2x small ropes to mark circles
1x long rope to mark start line
1x long pole
1x large barrel

3-4x shorter poles/ broom handles
1x long lashing
4-8x short lashings

Time Limit	Area Required	Preparation Time
20 minutes	Small	5 minutes

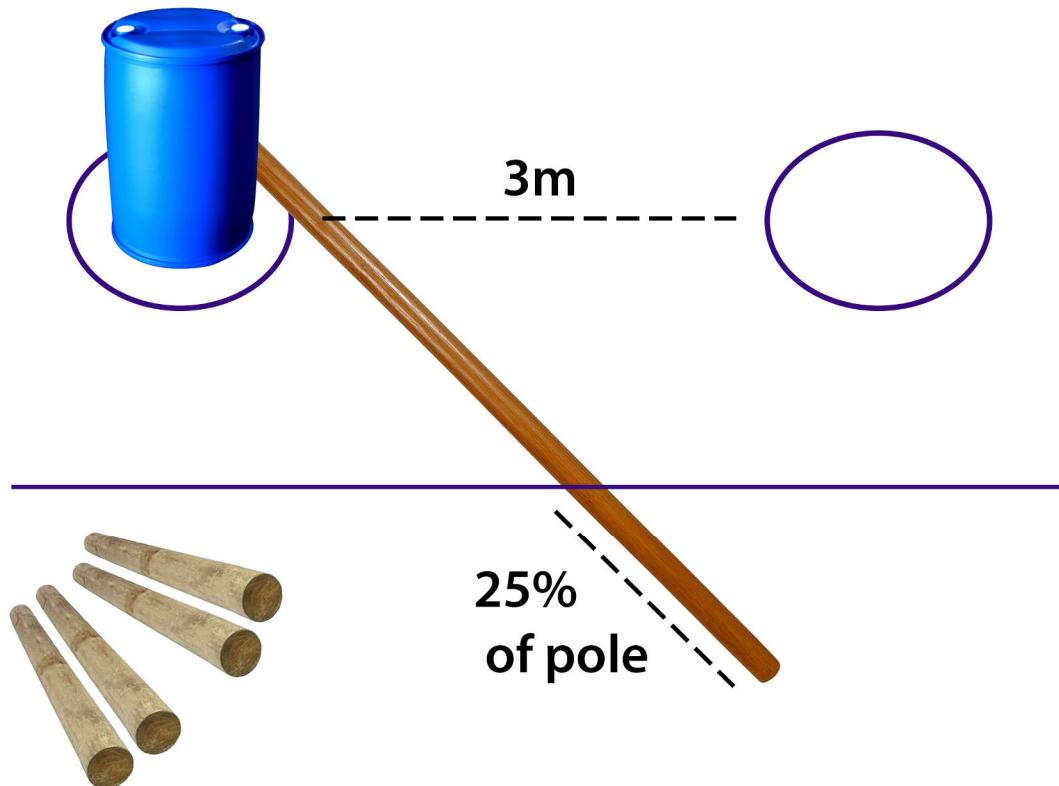
Set up two small circles, each big enough to stand an oil drum on, about 3m apart.

Set up a start line, parallel to the two barrel circles, but a distance back such that a long pole can reach each with about 1/4 its' length left over.

The Cadets are not allowed over the start line, and their task is to move an oil drum from one of the two circles to the other, without the barrel touching the ground anywhere else other than in the two circles.

To achieve this the line must enable the longest pole they have to reach the two circles, with about 1/4 the distance left over for counterbalancing.

None of the equipment used must touch the ground beyond the start line.



Return after use



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

- Local partisans have planted a bomb over a ventilation shaft for an underground bunker. Unfortunately they have planted the device over the wrong shaft, and you must move the bomb before it explodes.
- The bomb is in a sensitive area, and anything touching the ground beyond the start line will set off the alarm for the guards.

You have 20 minutes to move the device. Nothing may touch the ground beyond the line, and the bomb may only touch the two circles.

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

What can touch the two circles?

What can touch the ground beyond the line?

Return after use



OUTLINE - STAFF EYES ONLY

Equipment

2x ropes (start/ finish)

5x small barrels/ boxes

Time Limit	Area Required	Preparation Time
15 minutes	Small	5 minutes

Set up a start and finish line about 7m apart. The Cadets must get themselves across the set out minefield using only the wooden blocks/cans to touch the ground.
 Once a block/can has been trodden on it cannot be moved.
 Only the blocks/cans may touch the ground.

Finish

7m

Start



Return after use

Exercise Bronze 12

Anti-Personnel Minefield



CADET BRIEF

I will read the following exercise to you twice. On the first reading listen carefully, you may make notes on the second reading, and will have the opportunity to ask questions. Are you ready?

You are confronted by a minefield with a new type of mine. The mine will detonate if anyone comes within 30cm of it. In order to cross the minefield you must be above 30cm above the ground.

To achieve this you have been issued with five cans/wooden blocks. Each can/block once trodden on cannot be moved though, else it is likely to set off one of the mines. You have 15 minutes to get your team across to the other side of the minefield.

Have you any questions?

(Answer by re-reading the relevant part of the briefing again)

Check understanding:

What may touch the ground in the minefield?

Are you allowed to move the blocks?

Return after use