

ARMY CADET SYLLABUS

Army Cadet Force (ACF)



ARMY CADET SYLLABUS (ACS)

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Glossary

Term	Definition
ABRSM	Associated Board of the Royal Schools of Music
ACF	Army Cadet Force
ACFA	Army Cadet Force Association
ACS	Army Cadet Syllabus
ACSMS	Army Cadet Safety Management System
AED	Automated External Defibrillators
AIC	Advanced Induction Course
APVU	Alert, Pain, Verbal, Unresponsive
AT	Adventurous Training
BATCO	Battle Code
BIC	Basic Induction Course
BSA	British Shooting Association
CARITS	Cadet Air Rifle Indoor Target System
CASP	Cadet Action Safety Plan
CCAT	Cadet Centre for Adventurous Training
CCF (A)	Combined Cadet Force (Army)
CCISTT	Cadet Communication Information Systems Training Team
CEFO	Complete Equipment Fighting Order
CFATO	County First Aid Training Officer
CFAV	Cadet Force Adult Volunteer
CFIT	Cadet Force Instructional Techniques
CLF	Cadet Live Fire
CLF AR	Cadet Live Fire Air Rifle
CIS	Communication Information Systems
COD	Corps Of Drums
COMSEC	Communication Security
CPR	Cardiopulmonary Resuscitation
CSM	Cadet Shooting Manual
CVQO	Cadet Vocational Qualification Organisation
DCCT	Dismounted Close Combat Trainer
DTG	Date, Time, Group
ECO	Exercise Conducting Officer
EFAW	Emergency First Aid at Work
FAW	First Aid at Work
FCO	Fire Control Orders
GP	General Purpose
GPS	Global Positioning System
GR	Grid Reference
HF	High Frequency
HPS	Highest Possible Score
HQ	Headquarters
IAW	In Association With
ILM	Institute of Leadership and Management
ITC	Initial Training Course
JCIC	Junior Cadet Instructor Cadre
MMTTR	Mechanised Moving Target Trainer Range
NATO	North Atlantic Treaty Organisation
NCSC	National Cyber Security Centre
NGB	National Governing Body
NNAS	National Navigation Award Scheme

Term	Definition
NSRA	National Small-bore Rifle Association
NSRA YPS	National Small-bore Rifle Association Youth Proficiency Scheme
OP	Observation Post
PDQB	Piping and Drumming Qualifications Board
PPE	Personal Protective Equipment
PP	PowerPoint
PRC	Personal Radio Communications
PRR	Personal Role Radio
PTC	Personnel and Training Command
RC	Regional Command
RCAC	Royal Canadian Army Cadet
RSPBA	Royal Scottish Pipe Band Association
SAA	Skill At Arms
SCIC	Senior Cadet Instructional Cadre
SCQF	Scottish Credit and Qualifications Framework
SMART	Specific, Measurable, Achievable, Relevant and Time-bound
SQA	Scottish Qualifications Authority
SST	Safe System to Train
TCL	Trinity College London
TDT	Training Development Team
TEWC	Tactical Exercise Without Cadets
TIWAF	Training In Woods And Forests
PTC	Personnel and Training Command
UK	United Kingdom
VHF	Very high frequency
VP	Voice Procedure
WHT	Weapon Handling Test

THE ARMY CADET SYLLABUS – INTRODUCTION

General

Principles of Cadet training

The Army Cadet Syllabus is a major component of the Cadet Experience, which aims to set our young people up for lifelong success. The following principles apply to all cadet training so that the Cadet Experience is maximised wherever it is delivered.

1. **Responsibility for Training.** Setting the requirement for training is the responsibility of, Commander Cadets, who is the Training Requirements Authority and who delegates this responsibility to Deputy Commander Cadets and Cadets Branch, Regional Command.

The responsibility for delivery rests with the Training Delivery Authorities. The lead Training Delivery Authority for Army Cadets is the Cadet Training Centre, which co-ordinates all other Training Delivery Authorities.

As part of the chain of command, RPOC commanders have responsibility for cadet activity in their area.

The main training provider for the Army Cadet Syllabus is the Army Cadet county or contingent. Within the cadet unit, satisfactory implementation of the training and testing system rests with the commandant or contingent commander, who should ensure an annual training programme is developed for the guidance of all in the unit. IN counties, as well as the county training officer and any assistant training officers, commandants should appoint adult volunteers to act as the focal point for specific syllabus subjects and additionally should appoint volunteers whose role is to ensure that cadets have the opportunity to undertake DofE and vocational qualifications.

It is the responsibility of the commandant, with support from the CEO, to ensure that all cadet achievements are recorded on the cadet's Westminster record.

2. **Progressive and Elective.** The cadet syllabus is progressive, allowing the cadet to build on the foundations of previous star levels and steadily progress through their time in the Army Cadets, which might be up to 6 years. Training for cadets should be planned so that the cadet progresses steadily through the syllabus. An element of the syllabus is elective, allowing cadets to choose the path that is of most interest to them.

3. **Safety and Safeguarding.** Not only is the safeguarding of cadets our paramount responsibility, our young people should feel safe at all times in the cadet environment. Our training should be adventurous and we should be risk aware, not risk averse, but our young people should feel safe in the cadet environment, not just physically, but mentally and emotionally. Training that cannot be done safely, should not be done. Our safeguarding policy should always be applied and the Army Cadet Safety Management System (ACSMS) sets down our policy for training safety. All training must be conducted in line with it.

4. **Relevance.** All training delivered must be relevant to the cadet and / or fulfil elements of the relevant Cadet Charter (ACF or CCF). The relevance of lessons may not be immediately obvious e.g. cadets do not learn a section attack because they may have to carry one out, but because of the teamwork, communication, leadership and physical activity that are part of it.
5. **Enjoyment.** Learning for the cadet must be interesting and enjoyable. Training must be purposeful and imaginative. Practical activity should be the norm and one-way delivery, including use of PowerPoint, kept to a minimum. Instructional techniques should include fun, challenging and engaging activities, exercises, games and competitions.
6. **Realism.** Where practicable, training must be realistic. This ensures cadets learn best and benefit most from the experience. When planning realism in training, training safety and safeguarding must be taken into account. The rules of safe training must always be followed and no activity should be planned that allows realism to take precedence over the physical and psychological safety of a cadet.
7. **Clarity of Purpose.** All cadet training must have a clear purpose. Aims and objectives provide clear direction for those planning and undertaking training. The aim should state the expected outcome of the training activity, supported by subordinate training objectives. Objectives should be Specific, Measurable, Achievable, Relevant and Time-bound (SMART).
8. **Developmental.** Support should be given to enable the cadet to achieve and develop. Cadets should be set challenging targets and allowed to learn from any mistakes. Feedback should always be constructive and the cadet should be encouraged and helped to succeed, where possible identifying themselves any improvements required. With the exception of safety, no aspect of cadet training requires perfect performance, hence a standard pass mark of 50%. Cadets who do not succeed must be given the opportunity for development, further training and retesting.
9. **Teamwork and Leadership.** All cadets should be given the opportunity through the syllabus to develop teamwork and leadership skills and senior cadets should be given the opportunity to learn to instruct, to deliver training and to practise further their leadership skills.
10. **Achievement.** Training must be challenging and interesting whilst at the same time allowing the cadet to achieve. The normal measure of achievement for the majority of cadets who have been properly trained and made the necessary effort should be the gaining of syllabus Star levels and qualifications. Reasonable adjustment should be made for those with additional support needs.
11. **Continuous improvement.** All of those involved in the specification, design, development and delivery of training should strive for continuous improvement. Issues relating to the syllabus may be raised to the training requirements or training delivery authority through training representatives.

The Army Cadet Syllabus Framework

1. The syllabus is designed for progression in the timeline shown below; this timeline is approximate and no rigid timescales are to be imposed on a cadet:

- a. Basic Training. 3 months.
- b. 1-Star. A further 9 months.
- c. 2-Star. A further 12 months.
- d. 3-Star. A further 18 months.
- e. 4-Star. A further 6 months.

2. The following terms are defined below:

- a. **Recruit:** Any cadet who has not yet passed Basic Training.
- b. **Basic Cadet** - A cadet who has passed their Basic Star, but not 1-Star.
- c. **1-Star Cadet:** A cadet who has passed their 1-Star, but not 2-Star.
- d. **2-Star Cadet:** A cadet who has passed 2-Star, but not their 3-Star.
- e. **3-Star Cadet:** A cadet who has passed their 3-Star, but not their 4-Star.
- f. **4-Star Cadet:** A cadet who has passed their 4-Star, but not yet been appointed a Master Cadet.
- g. **Master Cadet:** A cadet who has been appointed as a Master Cadet by their ACF Commandant or equivalent within the CCF(A).
- h. **Junior Cadet:** A cadet who has not yet passed their 2-Star.
- i. **Senior Cadet:** A cadet who has passed their 2-Star.

The Star System

1. To complete each Star grade a number of modules need to be achieved. These are recorded on Westminster and only once the required number of modules in the list are achieved will the completed Star grade be awarded, and the cadet is to be issued the badge. These are covered in the following sections.

Basic Training

2. **Mandatory Modules.** To achieve the ACS Basic qualification a cadet will pass all of the following modules:

- a. Basic Military Knowledge.
- b. Basic Drill and Turnout.
- c. Basic Skill at Arms.
- d. Basic Shooting.
- e. Basic Navigation.
- f. Basic Fieldcraft.
- g. Basic First Aid.
- h. Basic Expedition.
- i. Basic Adventurous Training.
- j. Basic Keeping Active.
- k. Basic Community Engagement.
- l. Basic Communications and Information Systems (CIS).

3. **Optional Modules.** Cadets may also undertake:

- m. Basic Music.

1-Star Training

4. **Mandatory Modules.** To achieve the ACS 1-Star qualification a cadet will pass all of the following modules:

- a. 1-Star Military Knowledge.
- b. 1-Star Drill and Turnout.
- c. 1-Star Skill at Arms.
- d. 1-Star Shooting.
- e. 1-Star Navigation.
- f. 1-Star Fieldcraft.
- g. 1-Star First Aid.
- h. 1-Star Expedition.
- i. 1-Star Adventurous Training.
- j. 1-Star Keeping Active.
- k. 1-Star Community Engagement.
- l. 1-Star Communications and Information Systems (CIS).

5. **Optional Modules.** Cadets may also undertake:

- m. 1-Star Music.

2-Star Training

6. At 2-Star Level the cadet is to complete either the common military skills syllabus or the music syllabus (or both):

a. **Mandatory modules.** Cadet must complete either:

b. **Common military skills:**

- (1) 2-Star Drill and Turnout.
- (2) 2-Star Military Knowledge.
- (3) 2-Star Navigation.
- (4) 2-Star First Aid.
- (5) 2-Star Expedition.
- (6) 2-Star Keeping Active.
- (7) 2-Star Community Engagement.
- (8) 2-Star Skill at Arms.
- (9) 2-Star Shooting.
- (10) 2-Star Fieldcraft.

Or

c. **Musician Syllabus.** 2-Star Music.

d. **Optional Modules.** Cadets may also undertake:

- (1) 2-Star Communications and Information Systems (CIS).
- (2) 2-Star Adventurous Training.

3-Star Training

7. At 3-Star, all cadets are to complete either the common military skills syllabus or the musician syllabus:

a. **Common Military Skills.** Cadets must complete all mandatory modules and two additional optional modules.

b. **Mandatory modules (all):**

- (1) 3-Star Drill and Turnout.
- (2) 3-Star Skill at Arms.
- (3) 3-Star Shooting.
- (4) 3-Star Fieldcraft.
- (5) 3-Star Navigation.

c. **Optional modules (2):**

- (1) 3-Star First Aid.
- (2) 3-Star Expedition.
- (3) 3-Star Keeping Active.
- (4) 3-Star Community Engagement.
- (5) 3-Star Communications and Information Systems (CIS).
- (6) 3-Star Adventurous Training.

Or

d. **Musician Syllabus.**

- (1) 3-Star Music.

4-Star Training

8. A cadet needs to pass two of the following:
- a. 4-Star Drill and Turnout.
 - b. 4-Star Skill at Arms.
 - c. 4-Star Shooting.
 - d. 4-Star Navigation.
 - e. 4-Star Fieldcraft.
 - f. 4-Star First Aid.
 - g. 4-Star Expedition.
 - h. 4-Star Adventurous Training.
 - i. 4-Star Keeping Active.
 - j. 4-Star Community Engagement.
 - k. 4-Star Communications and Information Systems (CIS).
 - l. 4-Star Music.
 - m. SCIC
 - n. Royal Canadian Army Cadet RC AC Leadership and Challenge Course (Rocky Mountain).
 - o. RCAC Expedition Instructor Course (Argonaut or Whitehorse).
 - p. Canadian National Army Cadet Full Bore Marksmanship Course (Connaught).
 - q. Fitness and Sport Instructor Course (Argonaut).
 - r. CVQO Level 3 ILM.

Master Cadet Training

9. **Master Cadet Criteria:** To qualify for consideration for appointment as Master Cadet, a cadet must:

- a. Have qualified at 4-Star.
- b. Hold the minimum rank of cadet sergeant.
- c. Have successfully passed the Master Cadet Course and be recommended in their report.

Training of Cadets

General

1. The responsibility for the satisfactory implementation of a County Training and Testing System of the Army Cadet Syllabus rests with the Cadet Commandant who, through their CTO, will prepare an Annual Training Scheme for the guidance of Area and Detachment Commanders.
2. The County Training Officer is responsible for reporting the progress of the Cadets in the ACS Syllabus and that training is being carried out in accordance with the ACS Syllabus.

Design of the syllabus

3. The syllabus as a whole is designed so that:
 - a. A Cadet's training must be carried out at a steady rate compatible with the increasing abilities and educational commitments of a growing young person with a view to maintaining their interest. In this sense, it provides a basis for planning training programmes.
 - b. It sets the standards of achievement by which the progress of individual cadets can be monitored.
 - c. It provides the cadet with a clearly recognised level of achievement.

Planning of training

4. Training periods:
 - a. Training periods normally comprise 30-40 minutes of instruction exclusive of preparation and packing up.
 - b. Periods allotted to subjects in the syllabus are intended as a guide to instructors who must decide whether more or fewer are required after studying the material and considering the abilities of individual Cadets.
 - c. Some star grades have optional subjects that can be used to complete the star grade. Where reasonably practical cadets should undertake those options that they prefer; however it is up to counties to decide which subjects they are capable of delivering with the resource and personnel that they have.
 - d. Whenever possible training should be carried out in open countryside. When this is not possible training must be carried out as realistically as possible in parks, playing fields or other open spaces. Instructors must always ensure that permission for the training involved has been granted.

Records

5. Cadets have access to the cadet portal which shows their progression through the syllabus. In addition Detachment Training Records should be displayed prominently so that cadets can see how they are progressing.









Certificates

6. A certificate is to be awarded to each cadet, who qualifies at each star level, ideally they should all be signed by the Cadet Commandant; however, this may not always be possible and the below appointments (and above) are the minimum:

Ser	Star Grade	Appointment
1	Basic Training	Area commander
2	1-Star	Area commander
3	2-Star	Deputy Cadet Commandant
4	3-Star	Deputy Cadet Commandant
5	4-Star	Cadet Commandant
6	Master Cadet	Cadet Commandant

Stars

7. A star of the appropriate colour, to be worn on the blanking patch, is to be awarded to each Cadet who qualifies at the relevant star level. A star that has been superseded is not to be worn but a music star can (and should if earned) be worn alongside the Common Military Skills badge¹. The designs of the stars are:

Ser	Star Grade	Syllabus	Fill	Edging	Text	Picture
1	Basic Training	Common Military Skills (CMS)	Blue	Khaki		
2	1-Star		Blue	Khaki	1	
3	2-Star		Blue	Khaki	2	
4		Music	Blue	Khaki	M 2	
5	3-Star	CMS	Red	Khaki	3	
6		Music	Red	Khaki	M 3	
7	4-Star	CMS	Red	Khaki	4	
8		Music	Red	Khaki	M 4	

¹ The wearing of two-star badges will only start when the cadet earns their second 2-Star. Whichever 2-Star is earned first replaces 1-Star (not worn alongside).

Ser	Star Grade	Syllabus	Fill	Edging	Text	Picture
9	Master Cadet	CMS	Red	Gold	M	

Testing of Cadets

Aim of testing

8. The aim of testing a Cadet in each subject at each star level is to ensure they have absorbed what they have been taught and that they are able to apply that knowledge practically.
9. There are three forms of assessment within the syllabus but all will be referred to in the same way as “tests”:
 - a. Formal assessment of training following on from the formal training that was delivered.
 - b. Continuous assessment of the cadet’s progress through the training. In this case the Testing Board President must have agreed this before the training takes place and cannot grant approval retroactively.
 - c. Activity delivered external to the unit where evidence of completion is assessed. For example a DofE Silver Exped completed with school where evidence is seen on eDofE or an AT Course completed with CCAT.

Testing Board Presidents.

10. Tests are only to be conducted by those authorised to do so. Cadet Commandants are to publish on orders those individuals who are testing board presidents for the year. The commandant may vary this as they wish by whole star grade or by subject but in most circumstances those people would be:

Ser	Star Grade	Appointment
1	Basic Training	Detachment commander
2	1-Star	Area commander
3	2-Star	
4	3-Star	CTO

11. Testing Board Presidents are to:
 - a. Approve any test that is set to ensure it conforms with the syllabus.
 - b. Ensure appropriately qualified testers are conducting assessments.
 - c. Ensure that the correct progression of training has taken place before the cadet is tested.
 - d. Ensure appropriate retraining and retesting plans are in place.

12. Tests are designed not only to set standards of achievement by which the progress of an individual cadet can be measured but also to provide easily recognisable levels of achievement that the cadet can understand.

13. A test covers the complete contents of a subject at a particular level and is designed so that problems and questions posed, standards demanded, and marks given are similar, as far as possible throughout the ACF. Those who are responsible for setting problems and questions must therefore study the appropriate training materials referred to in the syllabus before deciding on the test.

Records

14. All testing is to be recorded on Westminster as soon as practical after the test. Sometimes testing is conducted in places where immediate access to Westminster is not feasible, in these situations a note needs to be made, this may be in any format, most likely in the tester's notebook. Some subjects have scoresheets held on the Cadet Force Resource Centre but it is not mandatory to use them.

Qualification of Instructors

Conducting Training and Activities with Cadets

When conducting training and activities with Army Cadets, there must be:

1. A competent instructor delivering the training. To be deemed competent the instructor must be:
 - a. **Qualified** - Officially recognised as being trained to perform a particular job; certified.
 - b. **Current** – Up to date with the current methods, media, techniques and material.
 - c. **Experienced** - Having gained knowledge or skill in a particular field over time.
2. An authorised CFAV who has undergone the appropriate background check to ensure cadet regulations are followed.

The instructor in para 1 and 2 can be the same person.

Qualification

1. The following section details those qualifications required to teach any lesson within the Army Cadet Syllabus.
2. Some lessons and activities require a specialist qualification. Where that is the case, those qualifications are listed in that part of the syllabus or in the reference document for that activity. They are required in addition to the general instructional qualifications below.
3. **CFAVs:**
 - a. **CCF.** CCF Basic Course – TBC.
 - b. **ACF.** Advanced Induction Course (AIC)².
4. **Cadets:**
 - a. Junior Cadet Instructor's Cadre. Basic and 1-Star Only.
 - b. Senior Cadet Instructor's Cadre.
5. **External Instructors.** Any instructional course approved by the Commandant.
6. **Non-uniformed Volunteers.** Any instructional course approved by the Commandant.

² Or Initial Training Course (ITC)

Currency

1. It is important that instructors ensure that the instruction they deliver follows the most up to date information. To ensure this, instructors must read the appropriate reference document(s) which are detailed in the appropriate sections of this syllabus.

Experience

2. Instructors must have been taught the subject matter themselves before teaching. This must have been received from an instructor meeting the requirements listed above. This instruction may have been received in a number of ways:

a. **CFAVs:**

- (1) During their induction training (CCF Basic and ACF BIC-AIC).
- (2) During continuation training (a local, regional or national course).

b. **Cadets.** Throughout their cadet training including syllabus lessons and interest periods.

c. **External Instructors:**

- (1) During their training with the Regular Army or Army Reserve.
- (2) Under local arrangement as per CFAVs.

Section 1

MILITARY KNOWLEDGE

General

1. AC 72158 – AC Military Knowledge manual lays down the content that must be covered for Military Knowledge training within the Army Cadets. It is designed to provide CFAVs with the resources or signposting to resources to enable them to teach cadets about the Army Cadets, its formation and structure, along with giving them an appreciation of the Armed Forces and how they operate.
2. Military Knowledge is a core element of the Army Cadet Syllabus. It provides the cadet with the understanding of the organisational structures and values of the Army Cadet Force and the British Army. Cadets will also discover the history and traditions of their affiliated Regiments or Corps.

Basic - Military Knowledge

Training

1. **Introduction.** Basic Military Knowledge teaches the cadet the Values and Standards of the Army Cadets, how to recognise ranks within the Army Cadets, the structure of their ACF Detachment and Area, and the history of the Army Cadets.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Nil.
4. **Reference documents.** AC 72158 – The Army Cadets Military Knowledge Training Manual.

The following table provides the lessons for Basic Star – Military Knowledge:

Ser	Description	Resource	Timings
1	The Army Cadet Experience.	Lesson 5	40 min
2	Values and Standards of the Army Cadets.	Lesson 4	40 min
3	Ranks and badges of rank.	Lesson 1	40 min
4	Structure of ACF Area and Detachment or CCF Contingent and section.	Lesson 2	40 min
5	History of the Army Cadets.	Lesson 3	40 min

Test

5. **Introduction.** The Basic Military Knowledge test is to be taken on completion of the training and may be taken either by verbal questioning or in the form of a written test.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete Basic Military Knowledge Training.
8. **Reference documents.** AC 72158 – The Army Cadets Military Knowledge Training Manual.
9. **Contents.** Questions may be created locally but the test must contain the following:

Ser	Description	Marking
1	Two questions on the Army Cadet Syllabus.	1 point per correct answer
2	Two questions on the Values and Standards.	1 point per correct answer
3	Two questions on badges of rank.	1 point per correct answer
4	Two question on personalities within the detachment or area HQ.	1 point per correct answer
5	Two questions on the history of the Army Cadets.	1 point per correct answer

10. **Pass mark.** The cadet must score five or more points to pass.
11. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

12. **Westminster recording.** On successful completion the following qualification should be awarded "ACS Basic Military Knowledge".

1-Star - Military Knowledge

Training

1. **Introduction.** 1-Star Military Knowledge teaches the cadet the organisation of their county and gives a basic understanding of the organisation of the British Army.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Basic Military Knowledge Test Pass.
4. **Reference documents.** AC 72158 – The Army Cadets Military Knowledge Training Manual.

The following table provides the lesson for One Star – Military Knowledge:

Ser	Description	Resource	Timings
1	Structure of the ACF County.	Lesson 6	40 min
2	Structure of the British Army - Arms and Services.	Lesson 7	40 min

Test

5. **Introduction.** The 1-Star Military Knowledge test is to be taken on completion of the training and may be taken either by verbal questioning or in the form of a written test.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete 1-Star Military Knowledge Training.
8. **Reference documents.** AC 72158 – The Army Cadets Military Knowledge Training Manual.
9. **Contents.** Questions may be created locally but the test must contain the following:

Ser	Description	Marking
1	Four questions on the structure of the ACF County.	1 point per correct answer
2	Four questions on the structure of the British Army - Arms and Services.	1 point per correct answer

10. **Pass mark.** The cadet must score four or more points to pass.
11. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.
12. **Westminster recording.** On successful completion the following qualification should be awarded “ACS 1-Star Military Knowledge”.

2-Star - Military Knowledge

Training

1. **Introduction.** 2-Star Military Knowledge teaches the history and role of the cadets affiliated Regiment or Corps.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** 1-Star Military Knowledge Test Pass.
4. **Reference documents.** AC 72158 – The Army Cadets Military Knowledge Training Manual.

The following table provides the lessons for Two Star – Military Knowledge:

Ser	Description	Resource	Timings
1	Affiliated Regimental History.	Lesson 8	40 min

Test

5. **Introduction.** The 2-Star Military Knowledge test is to be taken on completion of the training and may be taken either by verbal questioning or in the form of a written test.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete 2-Star Military Knowledge Training.
8. **Reference documents.** AC 72158 – The Army Cadets Military Knowledge Training Manual.
9. **Contents.** Questions may be created locally but the test must contain the following:

Ser	Description	Marking
1	Two questions on the formation of the regiment or corps.	1 point per correct answer
2	Two questions on traditions and customs.	1 point per correct answer
3	Two questions on battle honours.	1 point per correct answer

10. **Pass mark.** The cadet must score three or more points to pass.
11. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.
12. **Westminster recording.** On successful completion the following qualification should be awarded “ACS 2-Star Military Knowledge”.

3-Star - Military Knowledge

Training

1. **Introduction.** 3-Star Military Knowledge promotes an interest in Military History.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** 2-Star Military Knowledge Test Pass.
4. **Reference documents.** AC 72158 – The Army Cadets Military Knowledge Training Manual.

The following table provides the lessons for Three Star – Military Knowledge:

Ser	Description	Resource	Timings
1	Introductory brief.	Lesson 9	20 min
2	Research skills.	Lesson 10	40 min
3	Preparation time.	N / A	Minimum of 2 hours. May be overnight.

Test

5. **Introduction.** The 3-Star Military Knowledge test is to be taken on completion of the training and will be a presentation to the assessor and cadets of their peer group (a minimum of two people).
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete 3-Star Military Knowledge Training.
8. **Reference documents.** AC 72158 – The Army Cadets Military Knowledge Training Manual.

9. **Contents.** The cadet's presentation should convey the information in the table below. Feedback may be given on presentational style, but this is not part of the assessment. If any points are not covered by the cadet in their presentation, knowledge should be confirmed by the assessor asking questions.

Ser	Description	Marking
1	Reason for the battle.	1 point
2	Significant locations.	1 point
3	Start date of the battle.	1 point
4	End date of the battle.	1 point
5	Who were the parties involved.	2 points
6	Significant commanders.	2 points
7	Result (did anyone win, who was it).	1 point
8	After effects of the battle (effect on history etc).	1 point

10. **Pass mark.** The cadet must score five or more points to pass.

11. **Retest policy.** If the cadet does not meet the pass mark, they are to be debriefed on the reasons and given another period of preparation time before retest.

12. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 3-Star Military Knowledge".

Section 2

DRILL & TURNOUT

General

1. The aim of Drill and Turnout is to teach a cadet to wear a uniform so they can take pride in their appearance and move around in a smart and orderly manner at all times.
2. Smartness in turnout includes both appearance and dress. Smartness in the Cadet Force uniform is achieved by keeping it clean, correctly pressed and in good repair. This will also ensure that maximum wear is extracted from it.
3. Drill has evolved over a long period of time and is now accepted as the foundation of military discipline. The main purpose of drill is to enable bodies of cadets to be moved easily and quickly from point to point in an orderly manner.

Basic - Drill and Turnout

Training

1. **Introduction.** The Basic Drill & Turnout syllabus is designed to introduce the cadet to foot drill and how to correctly wear and maintain their uniform.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Nil.
4. **Reference documents.** AC 72147 - Army Cadets Drill and Turnout Training Manual.

The following table provides all the lessons for Basic - Drill and Turnout:

Ser	Description	Section	Resource	Timings
1	Clothing and Appearance.	Turnout – Pre-lesson		40 min
2	Aim and Purpose of Drill.	Foot Drill	Introduction	40 min
3	Attention, Stand at Ease & Stand Easy.	Foot Drill	Lesson 1	40 min
4	Turnings at the Halt - Left & Right.	Foot Drill	Lesson 5	40 min
5	Turnings at the Halt - About Turn.	Foot Drill	Lesson 6	40 min
6	Turnings at the Halt - Left & Right Incline.	Foot Drill	Lesson 7	20 min
7	Compliments- Reasons, Origin and Information.	Foot Drill	Lesson 8	40 min
8	Saluting to the Front.	Foot Drill	Lesson 9	20 min
9	Marching and Halting in Quick Time.	Foot Drill	Lesson 10	40 min

Test

5. **Introduction.** The Basic Drill and Turnout test is to be taken on completion of the training.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete Basic Drill and Turnout Training.
8. **Reference documents.** AC 72147 - Army Cadets Drill and Turnout Training Manual.
9. **Contents:** The Basic Drill & Turnout test is split into 3 parts, inspection, questions and drill movements. The cadets are to be placed in a squad by an instructor and stood at ease. There are three parts to the basic drill assessment:
 - a. Part 1 – Inspection.
 - b. Part 2 – Questions.
 - c. Part 3 – Drill movements.
10. Each part must be achieved to pass the test and the three parts may be taken in any order.

Note: Parts 1 and 2 may be carried out concurrently with part 3.

11. **Part One Inspection.** The cadets are to be brought to attention and inspected by the assessor. The assessor is to inspect as per the table below. After the inspection the cadet is to be stood at ease.

Ser	Description	Pass Criteria
1	Head Dress	The badge is to be correctly placed and the headdress is to be clean. Hair is to be neat and tidy.
2	Shirt	Collar clean. Uniform well fitted and pressed. Pockets emptied of bulky objects.
3	Belt	Fitted correctly. Buckle correctly located.
4	Trousers	Trouser elastic or ties fitted correctly. Trousers are ironed and not excessively worn.
5	Boots	Boots are serviceable and clean. Boots are laced appropriately.

12. **Retest policy.** If the cadet does not meet the pass mark, they are to be given a period of time (where they will have the resources required) before reinspection. If they fail two tests in a row, retraining should be carried out before another attempt.

13. **Part Two Questions.** Questions should be asked during the inspection phase.

Ser	Description	Pass Mark
1	Two questions on the Aim & Purpose of Drill and the origin of compliments.	1 point

14. **Retest Policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

15. **Part Three Drill Movements**

Ser	Description	Pass Mark
1	<p>The following drill sequence is to be used:</p> <p>Right Turn</p> <p>Quick march</p> <p>Halt</p> <p>Salute to the front</p> <p>About turn</p> <p>Quick march</p> <p>Halt</p> <p>Salute</p> <p>About turn</p> <p>Quick march</p> <p>Halt</p> <p>Left turn</p> <p>Stand at ease</p>	<p>All cadets need to carry out each movement to an acceptable standard at least once.</p>

16. **Retest Policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

17. **Pass mark.** The cadet must pass all three parts of the test.

18. **Westminster recording.** On successful completion, the “ACS Basic Drill and Turnout” qualification should be awarded.

1-Star - Drill and Turnout

Training

1. **Introduction.** The 1-Star Drill & Turnout syllabus is designed to develop the cadet in movements on the march and more advanced foot drill.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Basic Star Drill and Turnout.
4. **Reference documents.** AC 72147 - Army Cadets Drill and Turnout Training Manual.

The following table provides all the lessons for 1-Star - Drill and Turnout:

Ser	Description	Section	Resource	Timings
1	Dressing in three ranks.	Foot Drill	Lesson 2	40 Min
2	Open order at the halt front rank and Close order at the halt rear rank.	Foot Drill	Lesson 3	40 min
3	Close order at the halt front rank and Open order at the halt rear rank.	Foot Drill	Lesson 4	40 min
4	Saluting to the right and left flank on the march.	Foot Drill	Lesson 11	40 min
5	Dismissing and falling out.	Foot Drill	Lesson 12	40 min
6	About turn in quick time.	Foot Drill	Lesson 6	40 min
7	Wheeling to the left & right in quick time.	Foot Drill	Instructor's Notes	30 min

Test

5. **Introduction.** The 1-Star Drill and Turnout test is to be taken on completion of the training. It may be conducted with a minimum squad of nine individuals in the movements that are detailed in the assessment.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete 1-Star Drill and Turnout Training.
8. **Reference documents.** AC 72147 - Army Cadets Drill and Turnout Training Manual.

9. **Contents.** The 1-Star Drill & Turnout test is to be completed with a correct demonstration of the following movements:

Ser	Description	Pass Mark
1	<p>The following drill sequence is to be used:</p> <p>Fall in</p> <p>Open & Close Order</p> <p>Right Turn</p> <p>Quick march</p> <p>Saluting to the right</p> <p>About Turn on the march</p> <p>Saluting to the left</p> <p>Left Wheel</p> <p>About Turn on the march</p> <p>Right Wheel</p> <p>Halting in quick time</p> <p>Fall out</p>	<p>All cadets need to carry out each movement to an acceptable standard at least once.</p>

10. **Pass mark.** The cadet must be able to complete all Drill movements correctly and be appropriately dressed for the training of the day.

11. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

12. **Westminster recording.** On successful completion, the “ACS 1-Star Drill and Turnout” qualification should be awarded.

2-Star - Drill and Turnout

Training

1. **Introduction.** The 2-Star Drill & Turnout syllabus is designed to develop the cadet to rifle exercises at the halt and on the march.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** 1- Star Drill and Turnout.
4. **Reference documents.** AC 72147 - Army Cadets Drill and Turnout Training Manual.

The following table provides all the lessons for 2-Star - Drill and Turnout:

Ser	Description	Section	Resource	Timings
1	Turning to the left & right flank in quick time.	Foot Drill	Lesson 13	40 min
2	Change step in quick time.	Foot Drill	Lesson 15	40 min
3	Mark time and halt from marking time.	Foot Drill	Lesson 16	40 min
4	Forward from marking time.	Foot Drill	Lesson 17	40 min
5	Change step whilst marking time.	Foot Drill	Lesson 18	40 min
6	Attention, stand at ease, stand easy with the rifle at the shoulder.	Rifle Exercises	Lesson 1	40 min
7	Change arms at the shoulder.	Rifle Exercises	Lesson 2	40 min
8	Slope arms from the shoulder.	Rifle Exercises	Lesson 3	20 min
9	Shoulder arms from the slope.	Rifle Exercises	Lesson 4	20 min
10	Change arms at the slope.	Rifle Exercises	Lesson 5	40 min
11	Present arms from the slope ³ .	Rifle Exercises	Lesson 6	40 min
12	Slope arms from the present.	Rifle Exercises	Lesson 7	40 min
13	Ground arms from the shoulder.	Rifle Exercises	Lesson 8	40 min
14	Take up arms from the ground.	Rifle Exercises	Lesson 9	40 min
15	Saluting to the front at the halt.	Rifle Exercises	Lesson 10	20 min
16	Saluting to a flank at the halt.	Rifle Exercises	Lesson 11	20 min
17	Saluting to a flank on the march.	Rifle Exercises	Lesson 12	40 min

³ Present Arms has now been updated to ensure it is the same as the Regular Army delivery.

Test

5. **Introduction.** The 2-Star Drill and Turnout test is to be taken on completion of the training. It may be conducted with a minimum squad of nine individuals in the movements that are detailed in the assessment.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete 2-Star Drill and Turnout Training.
8. **Reference documents.** AC 72147 - Army Cadets Drill and Turnout Training Manual.
9. **Contents.** The 2-Star Drill & Turnout test is to be completed with a correct demonstration of the following movements:

Foot Drill:

Ser	Description	Pass Mark
1	Left Turn (on the March) Right Turn (on the March) Changing Step Mark Time Halting from mark time Forward from mark time	All cadets need to carry out each movement to an acceptable standard at least once.

Rifle Exercises:

Ser	Description	Pass Mark
1	Attention Stand at ease Stand easy Change arms from the shoulder Slope arms from the shoulder Shoulder arms from the slope Change arms at the slope Present arms Slope arms from the present Ground arms Take up arms Saluting to the right on the march Saluting to the left on the march	All cadets need to carry out each movement to an acceptable standard at least once.

10. **Pass mark.** The cadet must be able to complete all Drill movements correctly and be appropriately dressed.
11. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately, only on the areas in which they failed. If they fail two tests in a row, retraining should be carried out before another attempt.
12. **Westminster recording.** On successful completion, the following qualification should be awarded "ACS 2-Star Drill and Turnout".

3-Star - Drill and Turnout

Training

1. **Introduction.** The 3-Star Drill & Turnout syllabus is designed to develop the cadet in Pace Stick⁴ drill and to introduce them to the words of command used during a drill practice.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** 2- Star Drill and Turnout.
4. **Reference documents.** AC 72147 - Army Cadets Drill and Turnout Training Manual.

The following table provides all the lessons for 3-Star - Drill and Turnout:

Ser	Description	Section	Resource	Timings
1	Pace Stick Part 1.		Lesson 34	40 min
2	Pace Stick Part 2 ⁵ .		Lesson 35	40 min
3	Words of Command.	Annex	Annex 2 Annex 3 Annex 4 Lesson 36	40 min + PowerPoint

Test

5. **Introduction.** The 3-Star Drill and Turnout test is to be taken on completion of the training. It may be conducted with a minimum squad of nine individuals in the movements that are detailed in the assessment.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete 3-Star Drill and Turnout Training.
8. **Reference documents.** AC 72147 - Army Cadets Drill and Turnout Training Manual.
9. **Contents.** The 3-Star Drill & Turnout test is to be completed with a correct demonstration of the following movements with the stick closed, the cadet must also give the correct words of command for the following foot drill.

⁴ Canes may also be used if required. The Manual will make reference to Pace Stick and Cane Drill.

⁵ Canes may also be used if required. The Manual will make reference to Pace Stick and Cane Drill.

10. The 3-Star Drill & Turnout test is split into 2 parts, Pace Stick Drill and taking a squad:

- a. Part 1 – Pace Stick Drill.
- b. Part 2 – Taking a squad.

11. Each part must be achieved to pass the test, these may be taken in any order.

Part one – Pace Stick Drill:

Ser	Description	Pass Mark
1	Attention Stand at ease Stand easy The trail The Shoulder Saluting at the halt Saluting the right flank in quick time Saluting the left flank in quick time	All cadets need to carry out each movement to an acceptable standard at least once.

Part two – Taking a squad and performing correct drill movements:

Ser	Description	Pass Mark
1	The following drill sequence is to be used: Right Turn Quick march Halt Salute to the front About turn Quick march Halt Salute About turn Quick march Halt Left turn Stand at ease Attention Stand at ease Stand Easy The Trail The Shoulder Saluting at the halt Saluting the right flank in quick time Saluting the left flank in quick time	All cadets need to carry out each movement to an acceptable standard at least once.

Ser	Description	Pass Mark
2	<p>The following words of command are to be given:</p> <p>Words of Command - Attention</p> <p>Words of Command - Stand at Ease</p> <p>Words of Command - Stand Easy</p> <p>Words of Command - Right turn at the halt</p> <p>Words of Command - Left Turn at the halt</p> <p>Words of Command - About turn at the halt</p> <p>Words of Command - Marching in quick time</p> <p>Words of Command - Halting in Quick time</p> <p>Words of Command - Right turn on the March</p> <p>Words of Command - Left Turn on the March</p> <p>Words of Command - About turn on the March</p> <p>Words of Command - Changing step</p> <p>Words of Command - Mark Time</p> <p>Words of Command - Forward</p> <p>Words of Command - Saluting to the right flank</p> <p>Words of Command - Saluting to the left flank</p> <p>Words of Command - Saluting to the front</p>	1 point per correct answer

12. **Pass mark.** The cadet must be able to complete all Drill movements correctly and score a minimum of nine in the words of command phase.

13. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately, only on the areas in which they failed. If they fail two tests in a row, retraining should be carried out before another attempt.

14. **Westminster recording.** On successful completion, the “ACS 3-Star Drill and Turnout” qualification should be awarded.

4-Star - Drill and Turnout

Training

1. **Introduction.** The 4-Star Drill & Turnout syllabus is designed to develop the cadet to be able to correctly deliver a drill teaching practice using the appropriate terminology.
2. **Instructor qualification.** The County Regimental Sergeant Major Instructor or their designate.
3. **Pre-requisites.** 3- Star Drill and Turnout.
4. **Reference documents.** AC 72147 - Army Cadets Drill and Turnout Training Manual.

The following table provides the lesson for 4-Star - Drill and Turnout:

Ser	Description	Section	Resource	Timings
1	Drill Instruction and Delivery.	Annex	Lesson 37	40 min

Test

5. **Introduction.** The 4-Star Drill and Turnout test is to be taken on completion of the training. It may be conducted with a minimum squad of 9 individuals in the movements that are detailed in the assessment.
6. **Instructor qualification.** Basic All Arms Drill Instructor, the County Regimental Sergeant Major Instructor or their designate.
7. **Pre-requisites.** Complete 4-Star Drill and Turnout Training.
8. **Reference documents.** AC 72147 - Army Cadets Drill and Turnout Training Manual.

The following table provides the assessment criteria:

Ser	Description
1	The cadet is to be issued four teaching practices (2 movements at the halt and two movements on the march). They are then to be assessed on their delivery and conduct for two of those lessons.

9. **Pass mark.** The cadet must demonstrate and teach the movement correctly, using the correct terminology and delivery method for the movement.
10. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.
11. **Westminster recording.** On successful completion, the "ACS 4-Star Drill and Turnout" qualification should be awarded.

Section 3
SKILL AT ARMS

General

Basic - Skill at Arms

Training

1. **Introduction.** Basic Skill at Arms is designed to introduce the Cadet to the Air Rifle weapon system and to provide a basic understanding of the safety requirements when using any form of weapon systems within the cadet forces.
2. **Instructor qualification.** Qualified Skill At Arms Instructors only.
3. **Pre-requisites.** Nil.
4. **Reference documents.** AC 72195 – Cadet Training – Skill At Arms - .177 Air Rifles and Associated Equipment.

The following table provides the lessons for Basic - Skill at Arms:

Ser	Description	Resource	Timings
1	Safety With Weapons.	Lesson 1	40 min
2	Air Rifle Lesson 1 - General Description, Safety, Sights, Cleaning & Maintenance.	Lesson 2	40 min
3	Air Rifle Lesson 2 - Magazine Filling, Load and Unload.	Lesson 3	40 min
4	Air Rifle Lesson 3 - Holding and Aiming in the Prone position.	Lesson 4	80 min
5	Air Rifle Lesson 4 - Firing in the Prone position and stoppage drills.	Lesson 5	80 min
6	Air Rifle Lesson 5 - Firing from other positions.	Lesson 6	40 min
7	Practice Period 1.	PP1	80 min
8	Assessment - Weapon Handling Test (WHT).		

Test

5. **Introduction.** The assessment of the Basic Star Skill at Arms is in accordance with UNCODED– .177" Air Rifles and Associated Equipment's (See appropriate Air Rifle WHT for the Weapon System being used to conduct the assessment).
6. **Instructor qualification.** Qualified Skill At Arms Instructors only.
7. **Pre-requisites.** Basic Skill at Arms Training.
8. **Reference documents.** AC 72195 – Cadet Training – Skill At Arms - .177 Air Rifles and Associated Equipment.
9. **Contents:** All tests are to be carried out in daylight and conducted by a qualified, competent Skill at Arms Instructor. Standards are to be measured and WHTs taken as follows:
 - a. At appropriate stages during the relevant training, where applicable, and on its completion.
 - b. Within six months prior to live or blank firing the weapon.

10. **Pass mark:** Standards to be achieved are as follows:

a. Pass – Pass in all stages of the test.

Or

b. Fail – Fail in any stage of the test.

11. **Retest policy.** A cadet is considered competent once they have achieved the pass standard. Failing to achieve the pass standard indicates that the cadet is not competent, and they must receive a period of re-training on the stage or stages of the test they failed. After re-training is complete the test(s) must be repeated successfully to demonstrate competency with the weapon system.

12. **Westminster recording.** All WHT results are to be recorded on Westminster. On successful completion of Basic SAA the following qualification should be awarded “ACS Basic Skill at Arms”

1-Star - Skill at Arms

Training

1. **Introduction.** 1-Star Skill at Arms is designed to introduce the Cadet to the L98A2 Cadet General Purpose weapon system.
2. **Instructor qualification.** Qualified Skill At Arms Instructors only.
3. **Pre-requisites.** Basic Skill at Arms Test Pass.
4. **Reference documents.** AC 71807-C The L98A2 Cadet GP Rifle (5.56 mm) and the Associated Equipment's.

The following table provides the lessons for 1-Star - Skill at Arms:

Ser	Description	Resource	Timings
1	Rifle Lesson 1 - General Description, Safety and the sights.	Lesson 8	80 min
2	Rifle Lesson 2 - Stripping and Assembling.	Lesson 9	80 min
3	Rifle Lesson 3 - Basic Handling Drills.	Lesson 10	80 min
4	Rifle Lesson 4 - Cleaning and Maintenance.	Lesson 11	80 min
5	Practice Period 1.	PP1	120 min
6	Rifle Lesson 5 - Holding and Aiming in the Prone Position (Marksmanship Principles 1 to 3).	Lesson 12	80 min
7	Rifle Lesson 6 - Firing in the Prone Position (Marksmanship Principle 4).	Lesson 13	80 min
8	Rifle Lesson 7 - Firing Drills.	Lesson 14	80 min
9	Rifle Lesson 8 - Firing from Other Positions and use of Cover.	Lesson 15	80 min
10	Practice Period 2.	PP2	80 min
11	Rifle Lesson 9 - Mechanism, Immediate Action and Stoppage Drills.	Lesson 16	80 min
12	Practice Period 3.	PP3	40 min
13	Assessment - Weapon Handling Test (WHT).	Attempt only; see note below*	

***Note: The standard required to complete 1-Star SAA Training is for the cadet to attempt the WHT. Failing the WHT is not a barrier to the 1-Star award, but, the WHT must be passed before engaging in shooting training with the L98A2 GP Cadet Rifle at 2-Star.**

Test

5. **Introduction.** The assessment of the 1-Star Skill at Arms is in accordance with AC 71807-C The L98A2 Cadet GP Rifle (5.56 mm) and the Associated Equipment's.
6. **Instructor qualification.** Qualified Skill At Arms Instructors only.
7. **Pre-requisites.** 1-Star Skill at Arms Training.
8. **Reference documents.** AC 71807-C The L98A2 Cadet GP Rifle (5.56 mm) and the Associated Equipment's.

9. **Contents:** All tests are to be carried out in daylight and conducted by a qualified, competent Skill at Arms Instructor. Standards are to be measured and WHTs taken as follows:

- a. At appropriate stages during the relevant training, where applicable, and on its completion.
- b. Within six months prior to live or blank firing the weapon.

10. **Pass mark:** Standards to be achieved are as follows:

- a. Pass - Pass in all tests.
- b. Fail - Fail in any test.

11. **Retest policy.** Personnel are considered competent on achieving the pass standard. Failure to meet the pass standard indicates that they are not competent in the use of the weapon. Retesting is to be carried out after completion of remedial training. Providing the retest is conducted within the training Lesson then only those test(s) that an individual has failed need be retested.

12. **Westminster recording.** All WHT results are to be recorded on Westminster. On successful completion of Basic SAA the following qualification should be awarded "ACS 1-Star Skill at Arms".

2-Star - Skill at Arms

Training

1. **Introduction.** 2-Star Skill at Arms is designed to take the Cadet a stage further in the L98A2 Cadet General Purpose weapon system, with the ability to react to effective enemy fire and to use the blank firing system.
2. **Instructor qualification.** Qualified Skill At Arms Instructors only.
3. **Pre-requisites.** 1-Star Skill at Arms Test Pass (L98A2 WHT **attempt**).
4. **Reference documents.** AC 71807-C The L98A2 Cadet GP Rifle (5.56 mm) and the Associated Equipment's.

The following table provides the lessons for 2-Star - Skill at Arms:

Ser	Description	Resource	Timings
1	Rifle Lesson 11 - Carriage of the Weapon and Reaction to Effective Enemy Fire.	Lesson 17	80 min
2	Blank Firing System.	Lesson 18	40 min

Test

5. **Introduction.** The cadet must demonstrate achievement of the aims through continuous assessment during the lessons.
6. **Instructor qualification.** Qualified Skill At Arms Instructors only.
7. **Pre-requisites.** 2-Star Skill at Arms Training.
8. **Reference documents.** AC 71807-C The L98A2 Cadet GP Rifle (5.56 mm) and the Associated Equipment's.
9. **Contents.** All tests are to be carried out in daylight and conducted by a qualified, competent Skill at Arms Instructor.
10. **Pass mark:** Standards to be achieved are as follows:
 - a. Pass – achieves the aims of all lessons.
 - b. Fail - does not achieve the aim of any lesson.
11. **Retest policy.** Personnel are considered competent on achieving the pass standard. Failure to meet the pass standard indicates that they are not competent in the use of the weapon. Retesting is to be carried out after completion of remedial training. Providing the retest is conducted within the training Lesson then only those test(s) that an individual has failed need be retested.
12. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 2-Star Skill at Arms".

3-Star - Skill at Arms

Training

1. **Introduction.** 3-Star Skill at Arms is designed to take the Cadet a stage further in the L98A2 Cadet General Purpose weapon system, with a greater understanding of the sighting system.
2. **Instructor qualification.** Qualified Skill At Arms Instructors only.
3. **Pre-requisites.** 2-Star Skill at Arms Test Pass.
4. **Reference documents.** AC 71807-C The L98A2 Cadet GP Rifle (5.56 mm) and the Associated Equipment's.

The following table provides the lessons for 3-Star - Skill at Arms:

Ser	Description	Resource	Timings
1	Rifle Lesson 10 - Aiming Off and Alteration of Sights.	Lesson 19	40 min
2	Rifle Lesson 13 - Bore sighting the Rifle with Iron Sight.	Lesson 20	80 min
3	Rifle Lesson 14 - Zeroing the Rifle with Iron Sight.	Lesson 21	80 min

Test

5. **Introduction.** The cadet must demonstrate achievement of the aims through continuous assessment during the lessons.
6. **Instructor qualification.** Qualified Skill At Arms Instructors only.
7. **Pre-requisites.** 3-Star Skill at Arms Training.
8. **Reference documents.** AC 71807-C The L98A2 Cadet GP Rifle (5.56 mm) and the Associated Equipment's.
9. **Contents.** All tests are to be carried out in daylight and conducted by a qualified, competent Skill at Arms Instructor.
10. **Pass mark:** Standards to be achieved are as follows:
 - a. Pass - achieves the aims of all lessons.
 - b. Fail - does not achieve the aim of any lesson.
11. **Retest policy.** Personnel are considered competent on achieving the pass standard. Failure to meet the pass standard indicates that they are not competent in the use of the weapon. Retesting is to be carried out after completion of remedial training. Providing the retest is conducted within the training Lesson then only those test(s) that an individual has failed need be retested.
12. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 3-Star Skill at Arms".

4-Star - Skill at Arms

Training

1. **Introduction.** 4-Star Skill at Arms consists of an elective lesson which must be completed prior to undertaking the elective progression of training shoots in preparation for the mechanised moving target trainer range (MMTTR).
2. **Instructor qualification.** Qualified Skill At Arms Instructors only.
3. **Pre-requisites.** 3-Star Skill at Arms Test Pass.
4. **Reference documents.** AC 71807-C The L98A2 Cadet GP Rifle (5.56 mm) and the Associated Equipment's.

The following table provides the lessons for Four Star – Skill at Arms:

Ser	Description	Resource	Timings
1	Rifle Lesson 12 - Firing at Crossing and Multiple Targets.	Lesson 22	80 min

Test

5. **Introduction.** The cadet must demonstrate achievement of the aim through continuous assessment during the lesson.
6. **Instructor qualification.** Qualified Skill At Arms Instructors only.
7. **Pre-requisites.** 4-Star Skill at Arms Training.
8. **Reference documents.** AC 71807-C The L98A2 Cadet GP Rifle (5.56 mm) and the Associated Equipment's.
9. **Contents.** All tests are to be carried out in daylight and conducted by a qualified, competent Skill at Arms Instructor.
10. **Pass mark:** Standards to be achieved are as follows:
 - a. Pass - achieves the aims of the lesson.
 - b. Fail - does not achieve the aim of the lesson.
11. **Retest policy.** Personnel are considered competent on achieving the pass standard. Failure to meet the pass standard indicates that they are not competent in the use of the weapon. Retesting is to be carried out after completion of remedial training. Providing the retest is conducted within the training Lesson then only those test(s) that an individual has failed need be retested.
12. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 4-Star Skill at Arms".

Section 4 SHOOTING

General

Basic - Shooting

Training

1. **Introduction.** Basic Shooting is designed to introduce the cadet to the shooting syllabus and basic marksmanship with the Air Rifle.
2. **Instructor qualification.** Instructors must hold either the NSRA YPS Tutor qualification or a Small Arms (SA) range management qualification.
3. **Pre-requisites:** There are two sets of conditions based on the qualification held by the Range Conducting Officer:
 - a. If the Range Conducting Officer holds the NSRA YPS Tutor qualification, the shooting practices will be conducted as a taster session(s). The session(s) encompasses air rifle familiarisation without the need for formal testing (WHT). As a result, there are no pre-training requirements for the cadets under the 2* dispensation granted.
 - b. If the Range Conducting Officer holds a SA range management qualification the shooting practices are governed by the rules in Cadet Training Ranges. This will induce a requirement for the cadet to be formally trained and weapon handling tested with the air rifle before shooting can take place.
4. **Reference documents.** Cadet Shooting Manual – Marksmanship and Shooting using Cadet Weapon Systems and Associated Equipment 2021 (CSM).

The following table provides the lessons for Basic – Shooting

Ser	Description	Resource	Timings
1	Marksmanship Principles.	CSM	40 min
2	CLF AR 1 Grouping.	CSM	40 mins
3	CLF AR 3 Zeroing.	CSM	20 mins
4	CLF AR 4 (Practice 1 only) Application of Fire.	CSM	10 mins

Test

5. **Introduction.** The assessment of Basic Star Shooting is in accordance with the firers' goals and progress standards set for each live fire practice in the Cadet Shooting Manual.
6. **Instructor qualification.** Instructors must hold either the NSRA YPS Tutor qualification or a Small Arms (SA) range management qualification.
7. **Pre-requisites.** Nil; each live fire practice has set standards to be achieved by the firer.
8. **Reference documents.** Cadet Shooting Manual – Marksmanship and Shooting using Cadet Weapon Systems and Associated Equipment 2021 (CSM).
9. **Contents.** Live firing practices are to be carried out in the order stated above; the standard for each practice must be met before progression.

Note: When firing CLF AR 4 Practice 1 using the Cadet Air Rifle Indoor Target System (CARITS) at 5.5m (6 yards) using the BSA Guns Paper target, the standards to be achieved are as follows:

Practice	HPS	Pass (Score)
1	25	15

Note: When firing CLF AR 4 Practice 1 using any other pellet catcher system or as an outdoor range, or with NSRA Air 5 or Air 3 targets, the standards to be achieved are in accordance with the Cadet Shooting Manual.

10. **Pass mark.** A cadet will achieve Basic Shooting on completion of all live fire practices to the standards in the Cadet Shooting Manual.

11. **Retest policy.** A cadet must achieve the standard for each practice before progressing to the next; where standards cannot yet be met the practice is to be repeated with coaching.

12. **Marksmanship Badge Criteria.** Firers are to be awarded the air rifle Trained Shot badge if either of the following standards are met during CLF AR 1:

Position	5.5M Group Size	10M Group Size
Prone (Unsupported)	22mm	39mm

13. **Westminster recording.** All shooting occurrences must be recorded in Westminster using the appropriate CLF module in the Shooting Syllabus. On successful completion of all lessons and CLFs the following qualification should be awarded “ACS Basic Shooting” in addition to the air rifle Trained Shot award.

1-Star - Shooting

Training

1. **Introduction.** 1-Star Shooting is designed to develop marksmanship using the Air Rifle in order to be able to group effectively and apply fire.
2. **Instructor qualification.** Please see Chapter 3 of the Cadet Shooting Manual for the SA range management qualification required to conduct each CLF practice.
3. **Pre-requisites.** Basic Skill at Arms test pass (Air Rifle WHT) within the preceding six months of any live fire practice.
4. **Reference documents.** Cadet Shooting Manual – Marksmanship and Shooting using Cadet Weapon Systems and Associated Equipment 2021 (CSM).

The following table provides the lessons for One Star – Shooting:

Ser	Description	Resource	Timings
1	CLF AR 1 Grouping.	CSM	40 mins
2	CLF AR 2 Grouping Alt Posn.	CSM	30 mins
3	CLF AR 3 Zeroing.	CSM	20 mins
4	CLF AR 4 (Practice 1 only) Application of Fire.	CSM	40 mins

Test

5. **Introduction.** The assessment of 1-Star Shooting is in accordance with the firers' goals and progress standards set for each live fire practice in the Cadet Shooting Manual.
6. **Instructor qualification.** Please see Chapter 3 of the Cadet Shooting Manual for the SA range management qualification required to conduct each CLF practice.
7. **Pre-requisites.** Nil; each live fire practice has set standards to be achieved by the firer.
8. **Reference documents.** Cadet Shooting Manual – Marksmanship and Shooting using Cadet Weapon Systems and Associated Equipment 2021 (CSM).
9. **Contents.** Live firing practices are to be carried out in the order stated above; the standard for each practice must be met before progression.

Note: When firing CLF AR 4 using the Cadet Air Rifle Indoor Target System (CARITS) at 5.5m (6 yards) using the BSA Guns Paper target, the standards to be achieved are as follows:

Practice	HPS	Pass (Score)
1	25	15
2	25	12
3	25	10
4	25	7

Note: When firing CLF AR 4 Practice 1 using any other pellet catcher system or as an outdoor range, or with NSRA Air 5 or Air 3 targets, the standards to be achieved are in accordance with the Cadet Shooting Manual.

10. **Pass mark.** A cadet will achieve 1-Star Shooting on completion of all live fire practices to the standards in the Cadet Shooting Manual.

11. **Retest policy.** A cadet must achieve the standard for each practice before progressing to the next; where standards cannot yet be met the practice is to be repeated with coaching.

12. **Marksmanship Badge Criteria.** Firers are to be awarded the air rifle Marksman badge if either of the following standards are met during AR LF 3 (check zero group size):

	5.5M	10M
Extreme Spread(ES)	10mm	19mm

13. **Westminster recording.** All shooting occurrences must be recorded in Westminster using the appropriate CLF module in the Shooting Syllabus. On successful completion of all CLFs the following qualification should be awarded “ACS 1-Star Shooting” in addition to the air rifle Marksman award if applicable.

2-Star - Shooting

Training

1. **Introduction.** 2-Star Shooting is designed to introduce the L98A2 Cadet GP Rifle and train the cadet in preliminary grouping and zeroing.
2. **Instructor qualification.** Please see Chapter 3 of the Cadet Shooting Manual for the SA range management qualification required to conduct each CLF practice.
3. **Pre-requisites.** L98A2 Cadet GP Rifle weapon handling test pass within the preceding six months of any live fire practice.
4. **Reference documents.** Cadet Shooting Manual – Marksmanship and Shooting using Cadet Weapon Systems and Associated Equipment 2021 (CSM).

The following table provides the lessons for Two Star – Shooting:

Ser	Description	Resource	Timings
1	CLF GP 1 Grouping 25m DCCT.	CSM	40 mins
2	CLF GP 2 Grouping Prone 25m.	CSM	40 mins
3	CLF GP 3 Grouping Other Posn 25m.	CSM	30 mins
4	CLF GP 4 Grouping Conf 25m DCCT.	CSM	30 mins
5	CLF GP 5 Zeroing 25m.	CSM	20 mins
6	CLF GP 6 Zeroing 100m.	CSM	20 mins

Note: The Army Cadets guidance to commanders table in Chapter 3 of the Cadet Shooting Manual gives clear direction on whether live fire practices are mandatory, objective or discretionary.

Test

5. **Introduction.** The assessment of 2-Star Shooting is in accordance with the firers' goals and progress standards set for each live fire practice in the Cadet Shooting Manual.
6. **Instructor qualification.** Please see Chapter 3 of the Cadet Shooting Manual for the SA range management qualification required to conduct each CLF practice.
7. **Pre-requisites.** Nil; each live fire practice has set standards to be achieved by the firer.
8. **Reference documents.** Cadet Shooting Manual - Marksmanship and Shooting using Cadet Weapon Systems and Associated Equipment 2021 (CSM).
9. **Contents.** Live firing practices are to be carried out in the order stated above; the standard for each practice must be met before progression.
10. **Pass mark.** A cadet will achieve 2-Star Shooting on completion of all live fire practices to the standards in the Cadet Shooting Manual.
11. **Retest policy.** A cadet must achieve the standard for each practice before progressing to the next; where standards cannot yet be met the practice is to be repeated with coaching.

12. **Marksmanship Badge Criteria.** Firers are to be awarded the L98A2 rifle Trained Shot or Marksman badge if either of the following standards are met during CLF GP 5 or CLF GP 6 (check zero group size):

Standards for awarding Trained Shot badge at CLF GP 5 (Practice 2)	
Extreme Spread (ES)	50mm
Permissible Variation (PV)	Within the 13mm PV Circle

Standards for awarding Marksman badge at CLF GP 5 (Practice 2)	
Extreme Spread (ES)	40mm
Permissible Variation (PV)	Within the 13mm PV Circle

Standards for awarding Trained Shot badge at CLF GP 6 (Practice 2)	
Extreme Spread (ES)	200mm
Permissible Variation (PV)	50mm

Standards for awarding Marksman badge at CLF GP 6 (Practice 2)	
Extreme Spread (ES)	160mm
Permissible Variation (PV)	50mm

13. **Westminster recording.** All shooting occurrences must be recorded in Westminster using the appropriate CLF module in the Shooting Syllabus. On successful completion of all CLFs the following qualification should be awarded “ACS 2-Star Shooting” in addition to the L98A2 rifle Trained Shot or Marksman award if applicable.

3-Star - Shooting

Training

1. **Introduction.** 3-Star Shooting is designed to develop marksmanship with the L98A2 Cadet GP Rifle and train the cadet in elementary and advanced application of fire.
2. **Instructor qualification.** Please see Chapter 3 of the Cadet Shooting Manual for the SA range management qualification required to conduct each CLF practice.
3. **Pre-requisites.** L98A2 Cadet GP Rifle weapon handling test pass within the preceding six months of any live fire practice. CLF GP 5 or CLF GP 6 must be complete before progression to application of fire practices.
4. **Reference documents.** Cadet Shooting Manual – Marksmanship and Shooting using Cadet Weapon Systems and Associated Equipment 2021 (CSM).

The following table provides the lessons for Three Star – Shooting:

Ser	Description	Resource	Timings
1	CLF GP 7 Elem App of Fire 25m.	CSM	50 mins
2	CLF GP 8 PoA Alt Posn 100m DCCT.	CSM	40 mins
3	CLF GP 9 PoA Alt Posn 100m.	CSM	40 mins
4	CLF GP 10 Adv App of Fire 100m.	CSM	50 mins
5	CLF GP 11 PoA 200m & 300m DCCT.	CSM	50 mins
6	CLF GP 12 PoA 200m & 300m.	CSM	50 mins
7	CLF GP 13 Adv App of Fire up to 300m.	CSM	50 mins

Test

5. **Introduction.** The assessment of 3-Star Shooting is in accordance with the firers' goals and progress standards set for each live fire practice in the Cadet Shooting Manual.
6. **Instructor qualification.** Please see Chapter 3 of the Cadet Shooting Manual for the SA range management qualification required to conduct each CLF practice.
7. **Pre-requisites.** Nil; each live fire practice has set standards to be achieved by the firer.
8. **Reference documents.** Cadet Shooting Manual – Marksmanship and Shooting using Cadet Weapon Systems and Associated Equipment 2021 (CSM).
9. **Contents.** Live firing practices are to be carried out in the order stated above; the standard for each practice must be met before progression.
10. **Pass mark.** A cadet will achieve 3-Star Shooting on completion of all live fire practices to the standards in the Cadet Shooting Manual.
11. **Retest policy.** A cadet must achieve the standard for each practice before progressing to the next; where standards cannot yet be met the practice is to be repeated with coaching.

12. **Marksmanship Badge Criteria.** Firers are to be awarded the L98A2 rifle Marksman badge if the following standards are met during CLF GP 13:

Practice	HPS	Marksman (Standard)
1	5	5
2	5	4
3	10	8
4	10	8
5	5	3

13. **Westminster recording.** All shooting occurrences must be recorded in Westminster using the appropriate CLF module in the Shooting Syllabus. On successful completion of all CLFs the following qualification should be awarded “ACS 3-Star Shooting” in addition to the L98A2 rifle Marksman award if applicable.

4-Star - Shooting

Training

1. **Introduction.** 4-Star Shooting is designed to consolidate marksmanship training with the L98A2 Cadet GP Rifle and test the cadet against the standards of the Army Four Star Advanced Marksman Assessment.
2. **Instructor qualification.** Please see Chapter 3 of the Cadet Shooting Manual for the SA range management qualification required to conduct each CLF practice.
3. **Pre-requisites.** L98A2 Cadet GP Rifle weapon handling test pass within the preceding six months of any live fire practice. CLF GP 13 must be complete before progression to the Advanced Marksman Assessment.
4. **Reference documents.** Cadet Shooting Manual - Marksmanship and Shooting using Cadet Weapon Systems and Associated Equipment 2021 (CSM).

The following table provides the lessons for Four Star - Shooting:

Note: This shoot is an **elective** element of ACS 21.

Ser	Description	Resource	Timings
1	CLF GP 14 Army Four Star Advanced Marksman Assessment.	CSM	Prep Shoot – 100 mins Assessment – 40 mins

Test

5. **Introduction.** The assessment of 4-Star Shooting is in accordance with the firers' goals and progress standards set for CLF GP 14 in the Cadet Shooting Manual.
6. **Instructor qualification.** Please see Chapter 3 of the Cadet Shooting Manual for the SA range management qualification required to conduct each CLF practice.
7. **Pre-requisites.** The firer must have previously met the standard for CLF GP 13.
8. **Reference documents.** Cadet Shooting Manual - Marksmanship and Shooting using Cadet Weapon Systems and Associated Equipment 2021 (CSM).
9. **Contents.** Live firing practices are to be carried out in the order stated in the Cadet Shooting Manual.
10. **Pass mark.** A cadet will achieve 4-Star Shooting on completion of the live fire practice to the standards in the Cadet Shooting Manual.
11. **Retest policy.** 4-Star Shooting is elective, but, where standards cannot yet be met the practice may be repeated with coaching.

12. **Marksmanship Badge Criteria.** Firers can be awarded either the L98A2 Marksman or Advanced Marksman badge if the following standards are met:

Practice	Range	Rounds	4 Star Army Standards (L98A2)			HPS
			Trained Shot	Marksman	Advanced Marksman	
6	100m	5	NA	NA	NA	NA
7	100m	10	5	6	7	10
8	100m	10	5	6	7	10
9	200m	10	4	5	6	10
10	200m	10	4	5	6	10
11	300m	10	2	4	6	10
	Totals:	50	20	26	32	50

13. **Westminster recording.** All shooting occurrences must be recorded in Westminster using the appropriate CLF module in the Shooting Syllabus. On successful completion of all CLFs the following qualification should be awarded “ACS 3-Star Shooting” in addition to the L98A2 rifle Marksman award if applicable.

Section 5

NAVIGATION

General

1. Navigation can be an important role in keeping people safe. If you can map read, a person will be able to use it to identify routes to safety.
2. Navigation is a life skill and it is another core element of the Army Cadet Syllabus that enhances other subjects and the 'Cadet Experience'.

Basic – Navigation

Training

1. **Introduction.** Navigation at Basic level is designed to introduce the cadet to Navigation and how to be confident in the basics of map reading.
2. **Instructor qualification.** CFAVs that have completed their AIC or NNAS Bronze award.
3. **Pre-requisites.** Nil.
4. **Reference documents.** AC 72162 - The Army Cadets Navigation Training Manual.

The following table provides the lessons for Basic - Navigation:

Ser	Description	Resource	Timings
1	Identify maps, demonstrate how to care for and use of maps.	Lesson 1	40 min
2	Handrails and map orientation.	Lesson 2	40 min
3	Demonstrate handrails and their use to maintain position on an orientated map.	Lesson 3	40 min
4	Practice periods.	PP1	120min

Test

5. **Introduction.** The Basic Navigation test is to be taken on completion of the training and is to be conducted while being escorted on a route of between 1.5-2km with 3 or more changes of direction. This may be conducted towards the end of the practice period.
6. **Instructor qualification.** CFAVs that have completed their AIC or NNAS Bronze award.
7. **Pre-requisites.** Complete Basic Navigation Training.
8. **Reference documents.** AC 72162 -The Army Cadets Navigation Training Manual.

9. **Contents.** A cadet is to be questioned at least once on each leg by the assessor. The assessor is to ask each cadet the following:

Ser	Description	Marking
1	Give an example of how you would care for a map.	1 point per correct answer or action
2	Point out a symbol on the map and ask what it signifies (they may use the marginal information).	1 point per correct answer or action
3	Show the cadet your current location on the map and then ask them to orientate the map.	1 point per correct answer or action
4	Point out your next waypoint on the map and ask the cadet to indicate which direction that is in (on the ground).	1 point per correct answer or action
5	Ask the cadet to identify at least one collecting or catching feature they will use (and identify which it is).	1 point per correct answer or action
6	At the end of the leg cadet points out the route they have just taken.	1 point per correct answer or action

10. **Scoring.** The test is out of 18 points. Each leg has a total of 6 points and the cadet's score is the total of their 3 best legs.

11. **Pass mark.** The cadet must score nine or more points to pass.

12. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately on another route. If they fail two tests in a row, retraining should be carried out before another attempt.

13. **Westminster recording.** On successful completion, the following qualification should be awarded "ACS Basic Navigation".

1-Star – Navigation

Training

1. **Introduction.** The 1-Star Syllabus for Navigation is designed to introduce using features to aid navigation and the use of four and six figure grid references.
2. **Instructor qualification.** CFAV that have completed their AIC or NNAS Bronze award.
3. **Pre-requisites.** Basic Navigation.
4. **Reference documents.** AC 72162 – The Army Cadets Navigation Training Manual.

The following table provides the lessons for One Star – Navigation:

Ser	Description	Resource	Timings
1	Identify map symbols and features used to aid navigation.	Lesson 4	80 min
2	Estimate distance using grid squares, show how to use 4 figure grid references.	Lesson 5	40 min
3	Demonstrate how to use a 6-figure grid reference.	Lesson 6	40 min
4	Estimating distance on the ground.	Lesson 7	80 min
5	Practice periods.	PP2	120min

Test

5. **Introduction.** The 1-Star Navigation test is to be taken on completion of the training and is to be conducted while being escorted on a route of at least 2km with obvious handrails and 3 or more changes of direction with identifiable landmarks visible from the route.
6. **Instructor qualification.** CFAV that have completed their AIC or NNAS Bronze award.
7. **Pre-requisites.** Complete 1-Star Navigation Training.
8. **Reference documents.** AC 72162 – The Army Cadets Navigation Training Manual.

9. **Contents.** Each cadet is to be questioned at least once on each leg by the assessor. The assessor is to ask each cadet the following:

Ser	Description	Marking
1	Show the cadet your current location on the map and then ask them to provide a 6-figure grid reference for it.	1 point per correct answer or action
2	Give the cadet the 6-figure grid reference of your next waypoint and ask the cadet to locate it on the map.	1 point per correct answer or action
3	Ask the cadet to estimate the distance to the next waypoint.	1 point per correct answer or action
4	Ask them to give a verbal description of the route, including the handrails that they will use.	1 point per correct answer or action
5	Ask to lead the way to the next waypoint using their described route.	1 point per correct answer or action
6	While on route ask the cadet to point out, on the ground, one of the features from their route description.	1 point per correct answer or action

10. **Scoring.** The test is out of 18 points. Each leg has a total of 6 points and the cadet's score is the total of their 3 best legs.

11. **Pass mark.** The cadet must score nine or more points to pass.

12. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately on another route. If they fail two tests in a row, retraining should be carried out before another attempt.

13. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 1-Star Navigation".

2-Star – Navigation

Training

1. **Introduction.** The 2-Star Syllabus for Navigation is designed to introduce recognising features and the shape of the ground on a map and, orientating the map using a compass.
2. **Instructor qualification.** CFAV that have completed their AIC or NNAS Bronze award.
3. **Pre-requisites.** 1-Star Navigation.
4. **Reference documents.** AC 72162 - The Army Cadets Navigation Training Manual.

The following table provides the lessons for Two Star - Navigation:

Ser	Description	Resource	Timings
1	Identify the shape of the ground on the map.	Lesson 8	80 min
2	Identify prominent features on the ground using a map.	Lesson 9	80 min
3	Orientate a map using prominent features on the ground.	Lesson 10	40 min
4	Orientate a map using a compass.	Lesson 11	40 min
5	Demonstrate how to check the alignment of handrails using a map and compass.	Lesson 12	80 min
6	Identify countryside access laws and responsibilities and where to find them.	Lesson 13	40 min
7	Plan a route and implement a route plan.	Lesson 14	40 min
8	Practice period.	PP3	200 min

Test

5. **Introduction:** The 2-Star Navigation test is to be taken on completion of the training and is to be conducted in two phases:
 - a. **Phase 1.** Preparation of route cards.
 - b. **Phase 2.** Practical navigation. While being escorted on a route of at least 3km with 6 changes of direction, obvious handrails, several changes of direction and identifiable landmarks visible from the route.
6. **Instructor qualification.** CFAV that have completed their AIC or NNAS Bronze award.
7. **Pre-requisites.** Complete 1-Star Navigation Training.
8. **Reference documents.** AC 72162 - The Army Cadets Navigation Training Manual.

9. **Contents.** The cadets are to be given a start point and an end point of a route, matching the above description, a blank route card and asked to produce a route card of at least 6 legs. For each of the legs, the assessor is to check the following:

Ser	Description
1	The route has at least 6 changes of direction.
2	Starting and ending grid references of each leg are correct.
3	Route description of each leg is adequate.
4	Accurate estimated distance for each leg ($\pm 200\text{m}$).

10. **Pass mark.** The route card must satisfy each of the conditions set in the table above for every leg before this phase is passed.

11. **Retest policy.** If the route card is not accurate, guidance and assistance can be given to allow the cadet to correct any errors. If it is apparent that the cadet does not have the ability to complete the route card to an expected standard, retraining should be carried out before another attempt.

12. **Contents.** On the route, each cadet is to be questioned at least once per leg by the assessor. The assessor is to ask the following:

Ser	Description	Marking
1	Show the cadet your current location on the map and ask them to orientate the map and explain which features they used.	1 point per correct answer or action
2	Ask them to demonstrate that the map is orientated by using a compass.	1 point per correct answer or action
3	Ask the cadet to identify a handrail they are going to use and check its alignment using the compass.	1 point per correct answer or action
4	Carry out the leg of the route and correct any navigational errors.	1 point per correct answer or action
5	Ask an appropriate question on the countryside code or access laws.	1 point per correct answer or action

13. **Scoring.** The test is out of 30 points. Each leg has a total of 5 points and the cadet's score is the total of their 6 best legs.

14. **Pass mark.** The cadet must score fifteen or more points to pass.

15. **Retest policy.** If the cadet does not meet the pass mark, they are to have appropriate retraining and then may be tested again on another route. They will be required to complete phase 1 and 2 on the new route.

16. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 2-Star Navigation".

3-Star – Navigation

Training

1. **Introduction.** The 3-Star Syllabus for Navigation is designed to introduce measuring distance by pace and time, using compass bearings and estimating elevation changes.
2. **Instructor qualification.** CFAV who have completed NNAS Silver or have been assessed in their navigation skills to a similar standard.
3. **Pre-requisites.** 2-Star Navigation.
4. **Reference documents.** AC 72162 – The Army Cadets Navigation Training Manual.

The following table provides the lessons for Three Star – Navigation:

Ser	Description	Resource	Timings
1	Measuring distances with reasonable accuracy with double pacing and timing.	Lesson 15	40 min
2	Set a compass bearing from map to ground.	Lesson 16	40 min
3	Use a compass to follow bearings accurately across open ground over short legs.	Lesson 17	80 min
4	Estimate the time needed for elevation gain.	Lesson 18	40 min
5	Practice Periods (Day).	Lesson 19	120 min
6	Practice Periods (Night) ⁶ .	Lesson 19	120 min

Test

5. **Introduction:** The 3-Star Navigation test is to be taken on completion of the training and is to be conducted in three phases:
 - a. **Phase 1.** Preparation of route cards.
 - b. **Phase 2.** Day navigation. Over a route of 3 km or more with a minimum of 3 changes in direction and noticeable elevation changes.
 - c. **Phase 3.** Night navigation. Over a different route with the same criteria as phase 2.
6. **Instructor qualification.** CFAV who have completed NNAS Silver or have been assessed in their navigation skills to a similar standard.
7. **Pre-requisites.** Complete 3-Star Navigation Training.
8. **Reference documents.** AC 72162 – The Army Cadets Navigation Training Manual.

⁶ Practice Periods (Day) must be complete first.

9. **Contents.** The cadets are to be given a start point and an end point of a route, matching the above description, a blank route card and be asked to produce a route card (for one long route covering phase 2 and 3) or route cards (if phase 2 and phase 3 are not being carried out consecutively). For each of the legs the assessor is to check the following:

Ser	Description
1	Starting and ending grid references of each leg are correct.
2	Route description of each leg is adequate.
3	Accurate estimated distance and elevation gained for each leg $\pm 200\text{m}$).
4	Accurate estimated time for each leg.
5	Accurate bearings for each leg (± 5 degrees).

10. **Pass mark.** The route card must satisfy each of the above conditions for every leg before this phase is passed.

11. **Retest policy.** If the route card is not accurate, guidance and assistance can be given to allow the cadet to correct any errors. If it is apparent that the cadet does not have the ability to complete the route card to an expected standard, retraining should be carried out before another attempt.

12. **Contents.** On the route, each cadet is to be questioned at least once per leg by the assessor. The assessor is to ask the following:

Ser	Description	Marking
1	Cadet is to describe next leg of route including the elevation gain and time taken.	1 point per correct answer or action
2	Set compass with correct magnetic bearing for next stage.	1 point per correct answer or action
3	Carry out the leg of the route and check distance using double pacing.	1 point per correct answer or action
4	Review time and distance taken and compare against predictions on route card.	1 point per correct answer or action

13. **Scoring.** The test is out of 12 points. Each leg has a total of 4 points and the cadet's score is the total of their 3 best legs.

14. **Pass mark.** The cadet must score six or more points to pass.

15. **Retest policy.** If the cadet does not meet the pass mark, they are to have appropriate retraining and then may be tested again on another route. They will be required to complete phase 1 and 2 on the new route.

Phase 3

16. The assessment is the same as phase 2 but must take place in darkness.
17. Phase 2 must have been passed before phase 3 is attempted.
18. **Retest Policy.** If the cadet does not meet the pass mark, they are to have appropriate retraining and then may be tested again on another route. They will be required to complete phase 1 and 3 on the new route, they do not have to be retested on phase 2.
19. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 3-Star Navigation".

4-Star – Navigation

Training

1. **Introduction.** The 4-Star Syllabus for Navigation is designed to introduce landforms as a means of navigation, the use of attack points, coarse and fine navigation.
2. **Instructor qualification.** CFAV who have completed NNAS Silver or have been assessed in their navigation skills to a similar standard.
3. **Pre-requisites.** 3-Star Navigation.
4. **Reference documents.** AC 72162 – The Army Cadets Navigation Training Manual.

The following table provides the lessons for Four Star – Navigation:

Ser	Description	Resource	Timings
1	Use major landforms as a means of navigation.	Lesson 20	40 min
2	Identify smaller contour features on a map and ground.	Lesson 21	40 min
3	Use aiming off to reach a target on a linear feature.	Lesson 22	40 min
4	Identify the most appropriate route where more than one option is available.	Lesson 23	40 min
5	Use coarse navigation and collecting features to locate an attack point.	Lesson 24	40 min
6	From an attack point use fine navigation to locate a target.	Lesson 25	40 min

Test

5. **Introduction:** The 4-Star Navigation test is to be taken on completion of the training and is to be conducted in three phases:
 - a. **Phase 1.** Preparation of route cards.
 - b. **Phase 2.** Day navigation. Over a route of 5 or more km's with a minimum of 3 changes of direction and noticeable elevation changes. It must be over suitably challenging terrain, areas that lend themselves to lower levels of navigation will not be suited to properly assessing 4-Star.
 - c. **Phase 3.** Night navigation. Over a different route with the same criteria as phase 2.
6. **Instructor qualification.** CFAV who have completed NNAS Silver or have been assessed in their navigation skills to a similar standard.
7. **Pre-requisites.** Complete 4-Star Navigation Training.
8. **Reference documents.** AC 72162 – The Army Cadets Navigation Training Manual.

Phase 1

9. **Contents.** The cadets are to be given a start point and an end point of a route, matching the above description, a blank route card and be asked to produce a route card (for one long route covering phase 2 and 3) or route cards (if phase 2 and phase 3 are not being carried out consecutively). For each of the legs the assessor is to check the following:

Ser	Description
1	Starting and ending grid references of each leg are correct.
2	Route description of each leg is adequate.
3	Accurate estimated distance and elevation gained for each leg ($\pm 200\text{m}$).
4	Accurate estimated time for each leg.
5	Accurate bearings for each leg (± 5 degrees).

10. **Pass mark.** The route card must satisfy each of the above conditions for every leg before this phase is passed.

11. **Retest policy.** If the route card is not accurate, guidance and assistance can be given to allow the cadet to correct any errors. If it is apparent that the cadet does not have the ability to complete the route card to an expected standard, retraining should be carried out before another attempt.

Phase 2

12. **Contents.** On the route each cadet is to be questioned at least once per leg by the assessor. The assessor is to ask the following:

Ser	Description	Marking
1	Cadet is to confirm their location using land formations.	1 point per correct answer or action
2	Cadet is to describe at least two separate approaches to the next leg with advantages and disadvantages of each.	1 point per correct answer or action
3	Cadet is to describe their preferred choice of approach for the next leg including any attack points that will be used.	1 point per correct answer or action
4	Cadet is to indicate their collecting features as they are used.	1 point per correct answer or action
5	Carry out the leg of the route and check distance using double pacing.	1 point per correct answer or action
6	Review time and distance taken and compare against predictions on route card.	1 point per correct answer or action

13. **Scoring.** The test is out of 18 points. Each leg has a total of 6 points and the cadet's score is the total of their 3 best legs.

14. **Pass mark.** The cadet must score nine or more points to pass.

15. **Retest policy.** If the cadet does not meet the pass mark, they are to have appropriate retraining and then may be tested again on another route. They will be required to complete phase 1 and 2 on the new route.

Phase 3

16. The assessment is the same as phase 2 but must take place in darkness.
17. Phase 2 must have been passed before phase 3 is attempted.
18. **Retest Policy.** If the cadet does not meet the pass mark, they are to have appropriate retraining and then may be tested again on another route. They will be required to complete phase 1 and 3 on the new route, they do not have to be retested on phase 2.
19. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 4-Star Navigation".

Section 6

FIELDCRAFT AND TACTICS

General

1. Fieldcraft is an integral part of the Army Cadet Syllabus. It combines many of the skills that the cadet has learnt in a challenging but enjoyable activity. The subject also offers senior cadets an ideal scenario in which to practice and develop their leadership and administrative abilities.
2. Fieldcraft training is an excellent way of developing character and learning how to function as a member of a team. Individual skills must be of a high standard, but many objectives can only be achieved by working together as part of a team.

Organisation of Instruction

3. No specific qualification is required to instruct fieldcraft and tactics above and beyond those detailed at page 25.
4. Instructors are allowed flexibility in the method they adopt to teach the various lessons provided they do not deviate from the facts and drills laid down. Fieldcraft, properly presented is an interesting subject and presents a challenge to the cadet.
5. Fieldcraft is best taught by means of demonstrations (possibly films) explaining to the cadets what they are seeing and then confirming by practice as soon as possible.
6. Demonstrations must be carefully prepared and rehearsed whether they are on a big scale, or just the instructor showing his squad how to crawl. Poor demonstrations are of little value.
7. Practice periods can be repeated according to progress made.
8. Fieldcraft does not lend itself to 40-minute periods. Some lessons and practices need far longer, and others are best combined into a day and night exercise.

Organisation of Assessments

9. Assessments must be properly structured within training to allow cadets the best possible chance of success.
10. This syllabus lists the formal assessments that cadets must pass to allow them to complete their Star grades, but assessment should be a continuous process throughout all training. The instructor should be assessing cadets during all basic lessons, practice periods, Battle Lessons and Battle Exercises to allow them to develop.
11. The syllabus is designed to give cadets enough training to allow them to pass the test, but the instructor must be flexible and allow more training for struggling cadets. It is detrimental to all to allow a cadet who is clearly not ready for assessment to be assessed.
12. The testing standards must be rigorously kept to for several reasons:
 - a. This syllabus is designed to be progressive and each section builds on previously learned knowledge and skills. A cadet who has been “paper passed” at one level will be unfairly prepared and will be naturally disadvantaged once they have progressed to the next level. **If a cadet has not reached the required standards before progressing this may lead to dangerous practice at a higher level in training.**
 - b. It is unfair for hard working cadets if everyone is “block passed” due to low standards or lack of integrity on the instructor’s part.
 - c. Any cadet who does not reach the required standard should receive remedial training before a retest.

Some assessments require several cadets to take part. If the required number of cadets are not available extra cadets or CFAV’s may be used if they are at the correct standard.

Specific Safety Precautions

13. **Fieldcraft training can present many hazards and therefore must be subjected to rigorous planning and preparation.**
14. **Before every lesson, all weapons, magazines and cadets’ pouches must be inspected to ensure that no unauthorised ammunition is present.**
15. **Several mentions of “casualties” are made throughout the manual. In all these cases the drills covered only relate to simulated casualties as controlled by the Exercise Conducting Officer (ECO). Any real casualties are to be handled in accordance with the medical plan for the exercise.**
16. **Blank ammunition and pyrotechnics.** Whenever blank ammunition or pyrotechnics are being used in training all the rules and regulations in Cadet Training – Ranges must be followed.

Basic – Fieldcraft and Tactics

Training

1. **Introduction:** Fieldcraft training is necessarily limited at basic training level:
 - a. Most Basic Training is conducted at detachment level meaning that there is limited, if any, training estate.
 - b. Some Basic Training Lessons will invariably be carried out before cadets have been issued their uniform, most Fieldcraft lessons will be of limited value if conducted without uniform.
 - c. For those lessons where ideally, rifles will be carried the cadet may either:
 - (1) Carry a GP Rifle if they have completed Rifle Lesson 1.
 - (2) Carry an appropriate training aid.
 - (3) Only learn those movements without the rifle being carried. In which case practice will be required the first-time rifles are issued.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Nil.
4. **Reference documents.** AC 71966 – The Army Cadets Fieldcraft and Tactics Training Manual.

The following table provides the lessons for Basic – Fieldcraft and Tactics:

Ser	Description	Resource	Timings
1	Introduction to Fieldcraft and Tactics.	Lesson 1	40 Min
2	Preparation and packing of personal equipment.	Lesson 2	40 Min
3	Why things are seen.	Lesson 3	40 Min
4	Moving with or without personal weapons.	Lesson 4	40 Min
5	Field signals.	Lesson 5	40 Min
6	Elementary night movement.	Lesson 6	40 Min
7	Organisation of the section.	Lesson 7	40 Min

Test

5. **Introduction.** The Basic Fieldcraft test is to be taken on completion of the training and is to be conducted in an area where there is a soft surface (grass ideally but carpeted areas or matts may be used). There should be a run of approximately 5 meters where the cadet can demonstrate each movement.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete Basic Fieldcraft and Tactics Training.
8. **Reference documents.** AC 71966 – The Army Cadets Fieldcraft and Tactics Training Manual.

9. **Contents.** The cadet is to be issued a set of CEFO. The cadets should be in pairs (or a three if there are an odd number) so that they may work using the buddy-buddy system. The cadet is then to be asked to complete the following:

Ser	Description	Marking
1	Correctly fit the CEFO.	1 point per correct answer or action
2	Each cadet is to describe one of the reasons that things are seen.	1 point per correct answer or action
3	The cadet is to demonstrate the walk.	1 point per correct answer or action
4	The cadet is to explain when the walk would be used.	1 point per correct answer or action
5	The cadet is to demonstrate the monkey run.	1 point per correct answer or action
6	The cadet is to explain when the monkey run would be used.	1 point per correct answer or action
7	The cadet is to demonstrate the leopard crawl.	1 point per correct answer or action
8	The cadet is to explain when the leopard crawl would be used.	1 point per correct answer or action
9	The cadet is to demonstrate the roll.	1 point per correct answer or action
10	The cadet is to explain when the roll would be used.	1 point per correct answer or action
11	The cadet is to demonstrate the ghost walk.	1 point per correct answer or action
12	The cadet is to explain when the ghost walk would be used.	1 point per correct answer or action
13	The cadet is to demonstrate the catwalk.	1 point per correct answer or action
14	The cadet is to explain when the catwalk would be used.	1 point per correct answer or action
15	The cadet is to demonstrate the kitten crawl.	1 point per correct answer or action
16	The cadet is to explain when the kitten crawl would be used.	1 point per correct answer or action
17	While walking the cadet is to be passed a field signal by the instructor they are to: Correctly pass on the signal to another cadet (1 point). Tell the instructor what the signal meant (1 point).	1 point per correct answer or action

10. **Scoring.** The test is out of 18 points.

11. **Pass mark.** The cadet must score nine or more points to pass.

12. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

13. **Westminster recording.** On successful completion the following qualification should be awarded "ACS Basic Fieldcraft and Tactics".

1-Star – Fieldcraft and Tactics

Training

1. **Introduction.** The 1-Star Syllabus is designed to produce a cadet who is self-reliant when in the field, allow them to operate as an individual rifleman and allow them to act as a member of a section within a patrol harbour. All the lessons may be delivered within the 24hr period that makes up the assessment.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites:**
 - a. ACS Basic - Fieldcraft and Tactics.

Or

 - b. APC Basic - Fieldcraft and Tactics and the following lessons:

Ser	Description	Resource	Timings
1	Why things are seen.	Lesson 3	40 Min
2	Moving with or without personal weapons.	Lesson 4	40 Min
3	Field signals.	Lesson 5	40 Min
4	Elementary night movement.	Lesson 6	40 Min

4. **Reference documents.** AC 71966 – The Army Cadets Fieldcraft and Tactics Training Manual.

The following table provides the lessons for One Star – Fieldcraft and Tactics:

Ser	Description	Resource	Timings
1	Administration In The Field. Maintaining Weapons, Clothing and Equipment. Maintaining Standards of Personal Hygiene. Feeding In The Field.	Lesson 8 Lesson 8A Lesson 8B Lesson 8C	120 Min
2	The Two Person Shelter.	Lesson 9	40 Min
3	Personal Camouflage and Concealment.	Lesson 10	40 Min
4	Observation.	Lesson 11	40 Min
5	Judging Distance. Judging Distance by Unit of Measure. Judging Distance by Appearance. Aids to Judging Distance.	Lesson 12 Lesson 12A Lesson 12B Lesson 12C	120 Min
6	Indication of Targets.	Lesson 13	40 Min
7	Range Cards.	Lesson 14	40 Min
8	Duties of A Sentry.	Lesson 15	40 Min
9	Elementary Obstacle Crossing.	Lesson 16	40 Min
10	Selecting A Route Across Country.	Lesson 17	40 Min
11	Introduction to Night Training.	Lesson 18	40 Min
12	Stalking.	Lesson 19	40 Min
13	Reaction to Fire Control Orders.	Lesson 20	40 Min

Test

5. **Introduction.** The 1-Star Fieldcraft test is to be taken on completion of the training and is ideally completed entirely within one weekend training activity. All the lessons may be delivered within the 24hr period that makes up the assessment.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites:**
 - a. **For Part 1.** Complete Basic Fieldcraft and Tactics Test.
 - b. **For Parts 2 and 3.** Complete 1-Star Fieldcraft and Tactics Training.
8. **Reference documents.** AC 71966 – The Army Cadets Fieldcraft and Tactics Training Manual.
9. **Contents:**
 - a. There are three parts to the 1-Star Fieldcraft Assessment:
 - (1) Part 1 - Harbour Routine.
 - (2) Part 2 - Stalk.
 - (3) Part 3 - Defence of Harbour Area.
 - b. Each part must be achieved to pass the test.
 - c. The three parts may be taken in any order.
 - d. Part 2 and part 3 may be carried out during the 24-hour assessment of part 1.
 - e. Ideally the cadet would carry a rifle and ready ammunition however this is not a requirement of the test.
10. **Part 1 - Harbour Routine:**
 - a. **Description:**
 - (1) Cadets are to spend 24 hours in the field administering themselves as taught in lessons. They are to work in pairs to construct a shelter and feed themselves using issued equipment and rations.
 - (2) Although a harbour area setting is being used to test the cadets, they have not yet been taught the occupation of a harbour so the CFAV in charge is to find an area suitable and occupy the harbour non-tactically.
 - (3) A CFAV or Senior Cadet is to create a Sentry List and ensure the cadets carry out sentry duty.

b. **Assessment Criteria:**

- (1) **Sentry Duty.** A cadet must pass all serials of the assessment to pass the assessment.

Ser	Item	Pass / Fail
1	Reporting	Pass. Reports on time, with the correct equipment. Fail. Cadet does not report on time or does not have the correct equipment.
2	Duty	Pass. Cadet stays alert and reacts to situations correctly. Fail. Cadet does not stay alert or reacts incorrectly to situations.
3	Handover	Pass. Briefs next cadet in detail on the briefing they received and any developments since. If there isn't a next cadet briefing is carried out to Section Commander. Fail. Briefing incorrect or lacking necessary detail.

(2) **Inspection:**

- (a) A cadet must pass all serials of the assessment to pass the assessment.
- (b) Each pair of cadets will be inspected after a night in the field. The following will be checked:

Ser	Item	Pass / Fail
1	Weapon	Pass. Clean and serviceable. Fail. Cadet has clearly made little effort.
2	Boots	Pass. Boots polished and in good condition. Fail. Cadet has clearly made little effort.
3	Cooking / Eating Materials	Pass. Clean and fit to use. Fail. Cadet has clearly made little effort. Appears unhygienic.
4	Shelter	Pass. Clearly provides protection from the elements. Kit packed away if not in use. Fail. Cadet has clearly made little effort.

- c. **Retest policy.** If the cadet does not meet the pass mark, they are to be given a period of time (30 minutes or more) before reinspection. If they fail two tests in a row, retraining should be carried out before another attempt.

11. **Part 2 – Stalk:**a. **Description:**

- (1) Cadets must move from an allocated start area into a predefined area construct a range card and then move to a finish point without being observed.
- (2) Ground must be selected carefully to make the cadets goals achievable and also to test their selection of camouflage and methods of movement. The start and end locations must be obvious to the cadets and so should the “OP,” this could be indicated on the ground or briefed to them on a sketch.
- (3) The cadets should be briefed upon a minimum of three easily identifiable objects that must be identified on their range card.
- (4) At least one CFAV or cadet (passed 1-Star Fieldcraft) should be placed within the arc that the cadet is observing to watch for the cadets (this person may be one of the things to be marked on the range card).

- b. **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment.

Ser	Item	Pass / Fail
1	Camouflage / Movement	Pass. Cadet is not observed. OR Cadet makes minor mistakes but clearly understands principles of camouflage, concealment and movement. Fail. Cadet is obviously seen.
2	Range Card	Pass. Range Card is accurate with only minor mistakes made. Fail. Range card is obviously incorrect.

- c. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

12. **Part 3 - Defence of Harbour Area:**a. **Description:**

- (1) Cadets must react to 2 different Fire Control Orders (FCO) given by a CFAV or Senior Cadet to repel a small enemy force (1 or 2 CFAVs / Senior Cadets) assaulting their harbour area.
- (2) Cadets must have been briefed on their fire positions before the start of the assessment.

- b. **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment.

Ser	Item	Pass / Fail
1	Stand to.	<p>Pass. Cadet moves quickly and efficiently into position and is seen observing their allocated arcs.</p> <p>Fail. Cadet does not respond efficiently OR does not move to correct position.</p>
2	Reaction to Fire Control Orders	<p>Pass. Cadet is alert, aims in the correct location and uses the correct rates of fire.</p> <p>Fail. Cadet does not aim in the correct location or does not use the correct rate of fire.</p>

- c. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

13. **Westminster recording.** On successful completion the following qualification should be awarded “ACS 1-Star Fieldcraft and Tactics”.

2-Star – Fieldcraft and Tactics

Training

1. **Introduction.** The 2-Star Syllabus is designed to produce a cadet who has an understanding of patrol harbours and patrolling. Their skills as a rifleman will be enhanced and they will be capable of acting as a rifleman during recce, standing patrols and the occupation of Patrol Harbour.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites:**
 - a. ACS 1-Star - Fieldcraft and Tactics.
 - Or
 - b. APC 1-Star Fieldcraft and Tactics.
4. **Reference documents.** AC 71966 – The Army Cadets Fieldcraft and Tactics Training Manual.
5. **Contents.** At this level the instructor is to extract the necessary detail for the cadet to be able to act as a Rifleman (**not a commander**). Most of the content at 2-Star is section or platoon-based activity and there is latitude for the instructor to decide the best way to deliver the content.

The following table provides the lessons for Two Star – Fieldcraft and Tactics:

Ser	Description	Resource	Timings
1	Keeping Direction at Night.	Lesson 21	40 Min
2	Individual Fire and Movement (F & M).	Lesson 22	40 Min
3	Operating as A Member of a Fire Team and Section.	Lesson 23	40 Min
4	Organisation and Grouping.	Section 2	40 Min
5	Patrolling.	Section 3	80 Min
	Planning and Preparation.	Section 3A	
	Conduct.	Section 3B	
6	Battle Procedure, Functional Grouping and Orders.	Section 9	40 Min
7	Patrol Harbours.	Section 4	40 Min
8	Observation Posts (OPs).	Section 6	40 Min

Test

6. **Introduction.** The 2-Star Fieldcraft test is to be taken on completion of the training and is ideally completed entirely within one weekend training activity. All the lessons may be delivered within the 24hr period that makes up the assessment.
7. **Instructor qualification.** Standard as per page 25.
8. **Pre-requisites.** 2-Star Fieldcraft and Tactics Training.
9. **Reference documents.** AC 71966 – The Army Cadets Fieldcraft and Tactics Training Manual.

10. **Content:**

- a. There are four parts to the 2-Star Fieldcraft Assessment:
 - (1) Part 1 - Occupation of Harbour and Harbour Routine.
 - (2) Part 2 - Reconnaissance Patrol.
 - (3) Part 3 - Observation Post.
 - (4) Part 4 - Break Contact Drills (Reaction to Enemy Contact).
- b. Each part must be achieved to pass the test. The four parts may be taken in any order:
 - (1) They may be combined into one exercise with the section occupying a harbour, conducting two patrols during which the section has to break contact at least once.
 - (2) They may be carried out as separate Battle Exercises.
 - (3) They may be carried out as a combination of the above.
- c. The cadet is to carry ready ammunition (60 rounds).

11. **Part 1 - Occupation of Harbour and Harbour Routine:**a. **Description:**

- (1) Cadets are to act as riflemen during the occupation of a harbour and carry out tasks as issued by their Section Commander.
- (2) CFAVs or Senior Cadets are to act as Section Commanders.

- b. **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment as a whole.

Ser	Item	Pass / Fail
1	Occupation	Pass. Cadet reacts accordingly to situation and orders given by Section Commander. Is alert throughout the occupation. Fail. Cadet is not alert and does not react correctly to orders.
2	Clearance Patrols.	Pass. Cadet stays alert throughout patrol OR Cadet stays alert in stand to position while patrol is carried out. Fail. Cadet is not alert.
3	Sentries.	Pass. Reports on time, with the correct equipment. Cadet stays alert and reacts to situations correctly. Briefs next cadet in detail on the briefing they received and any developments since. Fail. Cadet does not report on time or does not have the correct equipment. Cadet does not stay alert or reacts incorrectly to situations. Briefing incorrect or lacking necessary detail.

- c. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

12. **Part 2 - Reconnaissance Patrol:**

a. **Description:**

- (1) Cadets are to act as riflemen during a reconnaissance patrol and carry out tasks as issued by their Section Commander.
- (2) CFAVs or Senior Cadets are to act as Section Commanders and 2ICs.
- (3) Each Cadet is to carry sufficient ammunition.
- (4) The assessment is to take place with a minimum section strength (counting commanders) of six and a maximum of twelve. Cadets who have passed 2-Star Fieldcraft may be used to make up a section to the minimum strength.

- b. **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment as a whole.

Ser	Item		Pass / Fail
1	Receiving Section Commanders Orders and rehearsals		<p>Pass. Cadet is alert through orders and understands their role plan. Cadet answers simple confirmatory questions correctly.</p> <p>Fail. Cadet does not understand their role, cannot answer simple questions on the plan.</p>
2	Section Commander's Inspection	Weapons and Ammunition	<p>Pass. Weapon is clean and serviceable. Ammunition is clean, undamaged and loaded correctly.</p> <p>Fail. Weapon is unserviceable. Ammunition not carried correctly.</p>
		Personal Camouflage	<p>Pass. Cadet is camouflaged correctly for the area.</p> <p>Fail. Cadet is not camouflaged correctly for the area.</p>
		Equipment	<p>Pass. Equipment is carried and packed correctly.</p> <p>Fail. Equipment is not carried and packed correctly.</p>
3	Conduct of Patrol		<p>Pass. Cadet patrols correctly, carries out tasks allocated to them during initial orders and reacts to orders given.</p> <p>Fail. Cadet does not patrol correctly, carry out tasks allocated to them during initial orders or reacts to orders given.</p>
4	Patrol Report		<p>Pass. Cadet is able to correctly answer a question on the conduct of the patrol when the Section Commander is filling in their report.</p> <p>Fail. Cadet is unable to correctly answer a question on the conduct of the patrol when the Section Commander is filling in their report.</p>

13. **Part 3 - Observation Post (OP):**a. **Description:**

(1) Cadets are to act as riflemen during a standing patrol and carry out tasks as issued by their Section Commander.

(2) CFAVs or cadets (passed 4* Fieldcraft) are to act as Section Commanders.

(3) The assessment is to take place with a minimum section strength (counting commanders) of six and a maximum of twelve. Cadets who have passed 2-Star Fieldcraft may be used to make up a section to the minimum strength.

b. **Assessment Criteria:** A cadet must pass all serials of the assessment to pass the assessment as a whole.

Ser	Item		Pass / Fail
1	Receiving Section Commanders Orders and rehearsals.		<p>Pass. Cadet is alert through orders and understands their role plan. Cadet answers simple confirmatory questions correctly.</p> <p>Fail. Cadet does not understand their role, cannot answer simple questions on the plan.</p>
2	Section Commander's Inspection	Weapons and Ammunition	<p>Pass. Weapon is clean and serviceable. Ammunition is clean, undamaged and loaded correctly.</p> <p>Fail. Weapon is unserviceable. Ammunition not carried correctly.</p>
		Personal Camouflage	<p>Pass. Cadet is camouflaged correctly for the area.</p> <p>Fail. Cadet is not camouflaged correctly for the area.</p>
		Equipment	<p>Pass. Equipment is carried and packed correctly.</p> <p>Fail. Equipment is not carried and packed correctly.</p>
3	Conduct of Patrol		<p>Pass. Cadet patrols correctly, carries out tasks allocated to them during initial orders and reacts to orders given.</p> <p>Fail. Cadet does not patrol correctly, carry out tasks allocated to them during initial orders or reacts to orders given.</p>
4	Patrol Report		<p>Pass. Cadet is able to correctly answer a question on the conduct of the patrol when the Section Commander is filling in their report.</p> <p>Fail. Cadet is unable to correctly answer a question on the conduct of the patrol when the Section Commander is filling in their report.</p>

14. **Part 4 - Break Contact Drills (Reaction to Enemy Contact):**

a. **Description:**

- (1) Cadets are to act as riflemen during section break contact drills.
- (2) CFAVs or Cadets (passed 4* Fieldcraft) are to act as Section Commanders.
- (3) The assessment is to take place with a minimum section strength (counting commanders) of six and a maximum of twelve. CFAVs or cadets who have passed 2-Star Fieldcraft may be used to make up a section to the minimum strength.

- b. **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment as a whole.

Ser	Item	Pass / Fail
1	Reaction	<p>Pass. Cadet efficiently identifies direction of enemy and good cover. Cadet returns fire and takes cover appropriately.</p> <p>Fail. Cadet does not efficiently identify direction of enemy or good cover. Cadet does not return fire or take cover appropriately.</p>
2	Fire and Manoeuvre	<p>Pass. Cadet reacts to orders, provides covering fire for moving members of the section and chooses good firing positions.</p> <p>Fail. Cadet does not react to orders, provides limited or no covering fire for moving members of the section and chooses poor firing positions.</p>

15. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 2-Star Fieldcraft and Tactics".

3-Star – Fieldcraft and Tactics

Training

1. **Introduction.** The 3-Star syllabus is designed to produce a cadet who is capable of carrying out all of the duties of a rifleman during fighting patrols, defence operations, the advance to contact and attacks.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites:**
 - a. ACS 2-Star - Fieldcraft and Tactics.
 - Or
 - b. APC 2-Star Fieldcraft and Tactics.
4. **Reference documents.** AC 71966 – The Army Cadets Fieldcraft and Tactics Training Manual.
5. **Contents.** At this level the instructor is to extract the necessary detail for the cadet to be able to act as a Rifleman (**not a commander**). Most of the content at 3-Star is section of platoon-based activity and there is latitude for the instructor to decide the best way to deliver the content.

The following table provides the lessons for Three Star – Fieldcraft and Tactics:

Ser	Description	Resource	Timings
1	Defence and Delay Operations.	Section 5	40 Min
2	Ambushes.	Section 7	120 Min
	Organisation.	Section 7A	
	Planning and Preparation.	Section 7B	
	Conduct.	Section 7C	
3	The Attack.	Section 8	240 Min
	Principles.	Section 8A	
	Fire and Manoeuvre.	Section 8B	
	Hasty Attack: Section Battle Drills.	Section 8C	
	The Deliberate Attack.	Section 8E	
	Advance to Contact.	Section 8F	

Test

6. **Introduction.** The 3-Star Fieldcraft test is to be taken on completion of the training and is ideally completed entirely within one weekend training activity. All of the lessons may be delivered within the 24hr period that makes up the assessment.
7. **Instructor qualification.** Standard as per page 25.

8. **Pre-requisites.** 3-Star Fieldcraft and Tactics Training.

9. **Reference documents.** AC 71966 – The Army Cadets Fieldcraft and Tactics Training Manual.

10. **Content:**

a. There are two parts to the 3-Star Fieldcraft Assessment. Each part must be passed to pass the test as a whole:

(1) Part 1 - The Ambush.

(2) Part 2 - The Attack.

b. The two parts may be taken in any order.

c. They may be combined into one exercise with a number of serials.

d. They may be carried out as separate Battle Exercises.

e. They may be carried out as a combination of the above.

f. Each cadet is to carry ready ammunition: 60 Rounds per rifle.

11. **Part 1 - The Ambush:**

a. **Description:**

(1) Cadets are to act as riflemen during a fighting patrol (specifically an Ambush) and carry out tasks as issued by their Section Commander.

(2) CFAVs or Senior Cadets are to act as Section Commanders and 2ICs.

(3) The assessment is to take place with a minimum section strength (counting commanders) of six and a maximum of twelve.

- b. **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment as a whole.

Ser	Item		Pass / Fail
1	Receiving Section Commanders Orders and rehearsals		<p>Pass. Cadet is alert through orders and understands their role plan. Cadet answers simple confirmatory questions correctly.</p> <p>Fail. Cadet does not understand their role, cannot answer simple questions on the plan.</p>
2	Section Commander's Inspection	Weapons and Ammunition	<p>Pass. Weapon is clean and serviceable. Ammunition is clean, undamaged and loaded correctly.</p> <p>Fail. Weapon is unserviceable. Ammunition not carried correctly.</p>
		Personal Camouflage	<p>Pass. Cadet is camouflaged correctly for the area.</p> <p>Fail. Cadet is not camouflaged correctly for the area.</p>
		Equipment	<p>Pass. Equipment is carried and packed correctly.</p> <p>Fail. Equipment is not carried and packed correctly.</p>
3	Conduct of Patrol		<p>Pass. Cadet patrols correctly, carries out tasks allocated to them during initial orders and reacts to orders given.</p> <p>Fail. Cadet does not patrol correctly, carry out tasks allocated to them during initial orders or reacts to orders given.</p>
4	Patrol Report		<p>Pass. Cadet is able to correctly answer a question on the conduct of the patrol when the Section Commander is filling in their report.</p> <p>Fail. Cadet is unable to correctly answer a question on the conduct of the patrol when the Section Commander is filling in their report.</p>

- a. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

12. Part 2 - The Attack:

a. Description:

- (1) Cadets are to act as riflemen during a Section Attack (hasty or deliberate) and carry out tasks as issued by their Section Commander.
- (2) CFAVs or Senior Cadets are to act as Section Commanders and 2ICs.
- (3) The assessment is to take place with a minimum section strength (counting commanders) of six and a maximum of twelve.

- b. **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment as a whole.

Ser	Item		Pass / Fail	
1	Receiving Section Commanders Orders and rehearsals		Pass. Cadet is alert through orders and understands their role plan. Cadet answers simple confirmatory questions correctly. Fail. Cadet does not understand their role, cannot answer simple questions on the plan.	
2	Section Commander's Inspection	Weapons and Ammunition	Pass. Weapon is clean and serviceable. Ammunition is clean, undamaged and loaded correctly. Fail. Weapon is unserviceable. Ammunition not carried correctly.	
		Personal Camouflage	Pass. Cadet is camouflaged correctly for the area. Fail. Cadet is not camouflaged correctly for the area.	
		Equipment	Pass. Equipment is carried and packed correctly. Fail. Equipment is not carried and packed correctly.	
3	Conduct of Attack		Reaction to Effective Enemy Fire	Pass. Cadet reacts quickly and selects appropriate cover. Fail. Cadet reacts slowly or does not take cover appropriately.
			Locating the Enemy	Pass. Cadet sees and indicates the enemy or cadet aligns themselves onto the enemy when they are indicated. Fail. Cadet does see or align onto the enemy after an indication is given.
			Supressing the Enemy	Pass. Correct target alignment and rate of fire. Fail. Incorrect target alignment and rate of fire.
			The Attack	Pass. Responds correctly to orders. Moves quickly and selects cover correctly. Gives covering fire when needed. Fail. Does not respond correctly to orders. Does not move quickly or select cover correctly. Fails to Give covering fire when needed.

Ser	Item	Pass / Fail	
		Regrouping	<p>Pass. Covers arcs allocated to them, redistributes ammunition as directed, assists with duties as detailed by Section Commander and 2IC.</p> <p>Fail. Does not respond correctly to orders or carry out tasks allocated.</p>
4	Report		<p>Pass. Cadet is able to correctly answer a question on the conduct of the attack when the Section Commander is filling in their report.</p> <p>Fail. Cadet is unable to correctly answer a question on the conduct of the attack when the Section Commander is filling in their report.</p>

13. **Westminster recording.** On successful completion the following qualification should be awarded “ACS 3-Star Fieldcraft and Tactics”.

4-Star – Fieldcraft and Tactics

Training

1. **Introduction.** The 4-Star Syllabus is designed to produce cadet Section Commanders. They will receive training in the execution and delivery of orders and will be capable of commanding a section of cadets in all situations.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites:**
 - a. ACS 3-Star - Fieldcraft and Tactics.
 - Or
 - b. APC 3-Star Fieldcraft and Tactics.
4. **Reference documents.** AC 71966 – The Army Cadets Fieldcraft and Tactics Training Manual.
5. **Contents.** At this level the instructor is to extract the necessary detail for the cadet to be able to act as a Section Commander or 2ICs, and there is latitude for the instructor to decide the best way to deliver the content.

Ser	Description	Resource	Timings
1	Tactical Principles and Leadership.	Section 1	80 Min
2	Organisation and Grouping.	Section 2	40 Min
3	Issuing Fire Control Orders (FCO).	Lesson 24	40 Min
4	Battle Procedure, Functional Grouping and Orders.	Section 9	600 Min
5	Patrolling. Planning and Preparation. Conduct.	Section 3 Section 3A Section 3B	200 Min
6	Patrol Harbours.	Section 4	80 Min
7	Defence and Delay Operations.	Section 5	40 Min
8	Observation Posts (OPs).	Section 6	40 Min
9	Ambushes. Organisation. Planning and Preparation. Conduct.	Section 7 Section 7A Section 7B Section 7C	200 Min
10	The Attack. Principles. Fire and Manoeuvre. Hasty Attack: Ch 2 Section Battle Drills. Hasty Attack: Platoon Battle Drills. The Deliberate Attack. Advance to Contact.	Section 8 Section 8A Section 8B Section 8C Section 8D Section 8E Section 8F	200 Min

Test

6. **Introduction.** The 4-Star Fieldcraft test is to be taken on completion of the training and is designed to test cadet's leadership and tactical ability as section commanders and 2ICs.

7. **Instructor qualification.** Standard as per page 25.
8. **Pre-requisites.** 4-Star Fieldcraft and Tactics Training.
9. **Reference documents.** AC 71966 – The Army Cadets Fieldcraft and Tactics Training Manual.
10. **Content:**
 - a. There are four parts to the 4-Star Fieldcraft Assessment:
 - (1) Part 1 - Recce Patrol.
 - (2) Part 2 - Standing Patrol.
 - (3) Part 3 - Fighting patrol.
 - (4) Part 4 - The Attack.
 - b. The cadet must act as a Section Commander for 2 parts and a Section 2IC for 2 parts:
 - (1) For ease of organisation cadets can be paired off and alternate as Section Commander and 2IC.
 - (2) If there are insufficient cadets under assessment a CFAV or Cadet (passed 4-Star Fieldcraft) may fill the other command roll.
 - c. To pass the test as a whole, each part must be passed:
 - (1) Each part is to be carried out either Blank Firing OR as a Tactical Exercise Without Cadets (TEWC):
 - (a) In a TEWC the assessor is to plan the exercise as if it was going to be conducted but instead of using ammunition and a section of cadets the cadet being assessed will walk through the conduct with the assessor and be questioned.
 - (b) TEWCs should ideally be carried out on the ground but can be done on a model. If using a model, it must be thoroughly prepared by the assessor.
 - (2) Whichever method is used the assessment should be planned carefully to make the mission achievable while challenging the cadet and giving them freedom of movement.
 - (3) **At least two parts must be carried out Blank Firing:**
 - (a) At least one as a Section Commander.
 - (b) At least one as Section 2IC.

(c) At least two Blank Firing Parts must be passed, i.e. if a cadet fails a blank firing attack, they cannot be retested on a TEWC unless they have passed two of the other parts Blank Firing.

d. In **each** part the Section Commander will:

(1) Receive orders from the platoon commander (a CFAV or Cadet who has passed 4-Star who has prepared orders with assistance) and extract necessary detail.

(2) The cadet must then estimate their plan and prepare section level orders (less Prelims and Service Support). Including briefing the 2IC on what is required of them.

(3) They will then issue their section level orders (less Prelims and Service Support [covered by 2IC]):

(a) If the assessment is Blank Firing this will be to their section followed by rehearsals.

(b) If the assessment is a TEWC this may be only to the assessor.

(4) The cadet will then conduct the action (Patrol, Attack etc) as a Blank Firing exercise or as a TEWC.

(5) A report will be filled in by the cadet.

e. In each part the 2IC will:

(1) Receive a brief from the Section Commander.

(2) Create a model.

(3) Prepare the Prelims and Service Support paragraphs.

(4) They will then issue the Prelims and Service Support paragraphs of orders in conjunction with the Section Commander's orders.

(a) If the assessment is Blank Firing this will be to their section followed by rehearsals.

(b) If the assessment is a TEWC this may be only to the assessor.

(5) The cadet will then conduct the action Blank Firing or as a TEWC.

11. **Section Commander:**a. **Blank Firing Assessment:**(1) **Description:**

(a) Cadets are to act as Section Commanders for a section level action.

(b) The assessment is to take place with a minimum section strength (counting commanders) of six and a maximum of twelve. CFAVs or Cadets (passed 2* Fieldcraft for, harbours, recce and standing patrols, passed 3* Fieldcraft for Ambushes, Attacks and TIWAF) are to act as riflemen.

(2) Each cadet is to carry ready ammunition: 60 Rounds per rifle.

(3) **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment as a whole.

Ser	Item		Pass Mark
1	Issuing Orders and carrying out rehearsals and inspection		<p>Pass. All relevant detail extracted, and a sensible plan prepared. Confident giving orders and controlling rehearsals.</p> <p>Fail. All relevant detail not extracted, plan not prepared or unworkable. Lack of confidence giving orders and controlling rehearsals.</p>
2	Conduct of Action	Use of ground	<p>Pass. Uses the ground correctly, makes good use of cover.</p> <p>Fail. Poor ground appreciation, poor use of cover.</p>
		Positioning of riflemen / weapons	<p>Pass. Chooses sensible deployment of riflemen, flares, smoke etc.</p> <p>Fail. Chooses flawed deployment of riflemen, flares, smoke etc.</p>
		Command and Control	<p>Pass. Confident throughout, calm under pressure, issues orders sensibly.</p> <p>Fail. Poor control of the section, unclear orders.</p>
3	Report		<p>Pass. Cadet is able to fill in an accurate report with all necessary information with the assistance of the 2IC and section.</p> <p>Fail. Cadet is unable to fill in an accurate report with all necessary information with the assistance of the 2IC and section.</p>

b. **TEWC Assessment:**

(1) **Description.** Cadets are to act as Section Commanders for a section level action.

(2) **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment as a whole.

Ser	Item		Pass Mark
1	Issuing Orders and carrying out rehearsals and inspection		<p>Pass. All relevant detail extracted, and a sensible plan prepared. Confident giving orders and controlling rehearsals.</p> <p>Fail. All relevant detail not extracted, plan not prepared or unworkable. Lack of confidence giving orders and controlling rehearsals.</p>
2	Conduct of Action	Use of ground	<p>Pass. Uses the ground correctly, makes good use of cover.</p> <p>Fail. Poor ground appreciation, poor use of cover.</p>
		Positioning of riflemen / weapons	<p>Pass. Chooses sensible deployment of riflemen, flares, smoke etc.</p> <p>Fail. Chooses flawed deployment of riflemen, flares, smoke etc.</p>
		Command and Control	<p>Pass. Confident throughout, calm under pressure, issues orders sensibly.</p> <p>Fail. Poor control of the section, unclear orders.</p>
3	Report		<p>Pass. Cadet is able to fill in an accurate report with all necessary information with the assistance of the 2IC and section.</p> <p>Fail. Cadet is unable to fill in an accurate report with all necessary information with the assistance of the 2IC and section.</p>

12. Section 2IC:

a. Blank Firing Assessment:

(1) Description:

- (a) Cadets are to act as Section 2IC's for a section level action.
- (b) The assessment is to take place with a minimum section strength (counting commanders) of six and a maximum of twelve. CFAVs or Cadets (passed 2* Fieldcraft for, harbours, recce and standing patrols, passed 3* Fieldcraft for Ambushes, Attacks and TIWAF) are to act as riflemen.
- (c) Each cadet is to carry ready ammunition: 60 Rounds per rifle.

- (2) **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment as a whole.

Ser	Item		Pass Mark
1	Model building. Issuing Orders and carrying out rehearsals and inspection		<p>Pass. Model contains all relevant detail and helps section commander issue their orders. All relevant details extracted and a sensible choices made for prelims and Service Support. Confident giving orders.</p> <p>Fail. Model doesn't contain all relevant detail or help section commander issue their orders. Relevant details not extracted and a sensible choice not made for prelims and Service Support. Not confident giving orders.</p>
2	Conduct of Action	Battle preparation	<p>Pass. Organises battle preparation and ensures cadets are ready.</p> <p>Fail. Does not organise battle preparation or ensures cadets are ready.</p>
		Command and Control	<p>Pass. Confident throughout, controls fire team IAW orders from Section Commander.</p> <p>Fail. Poor control of the fire team, unclear orders.</p>
		Regrouping	<p>Pass. Carries out quick and efficient regrouping when required.</p> <p>Fail. Does not carry out quick and efficient regrouping when required.</p>
3	Report		<p>Pass. Assists Section Commander in organising debrief and construction of report.</p> <p>Fail. Fails to assist Section Commander in organising debrief and construction of report.</p>

b. **TEWC Assessment:**

- (1) **Description.** Cadets are to act as Section 2IC's for a section level action.
- (2) **Assessment Criteria.** A cadet must pass all serials of the assessment to pass the assessment as a whole.

Ser	Item		Pass Mark
1	Model building. Issuing Orders and carrying out rehearsals and inspection.		<p>Pass. Model contains all relevant detail and helps section commander issue their orders. All relevant detail extracted and sensible choices made for prelims and Service Support. Confident giving orders.</p> <p>Fail. Model doesn't contain all relevant detail or help section commander issue their orders. Relevant detail not extracted and sensible choices not made for prelims and Service Support. Not confident giving orders.</p>
2	Conduct of Action	Battle preparation	<p>Pass. Able to answer questions on what they would do to ensure high quality battle preparation.</p> <p>Fail. Unable to answer questions on what they would do to ensure high quality battle preparation.</p>
		Command and Control	<p>Pass. Able to answer questions on how they would implement orders given by the section commander during the action.</p> <p>Fail. Unable to answer questions on how they would implement orders given by the section commander during the action.</p>
		Regrouping	<p>Pass. Able to answer questions on what they would do to ensure high quality regrouping.</p> <p>Fail. Unable to answer questions on what they would do to ensure high quality regrouping.</p>

c. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

13. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 4-Star Fieldcraft and Tactics".

Section 7

FIRST AID

General

1. First Aid is designed to train the cadet in all aspects of First Aid. This includes how to deal with life-threatening emergencies and certain medical conditions. First Aid training enhances communication skills with the need to communicate effectively with an injured person. Equally, it provides a skill that demonstrates the cadet's ability to work under pressure, express leadership and show their ability to work in a team.

Basic - First Aid

Training

1. **Introduction.** First Aid at Basic level is designed to introduce the cadet to First Aid and how to deal with a life-threatening emergency.
2. **Instructor qualification.** Only instructors who hold an in date First Aid at Work qualification, and who has been familiarised with the Basic first aid resources, can deliver Basic First Aid and it must be delivered in accordance with the Lesson plans.
3. **Pre-requisites.** Nil
4. **Reference documents.** L-Specs / Lesson plans – Hosted on the cadet resource centre.

The following table provides the lessons for Basic – First Aid:

Ser	Description	Resource	Timings
1	Primary Survey	Lesson 1	40 min
2	Cardiopulmonary Resuscitation	Lesson 2	40 min (+10 min)
3	Heart Attack, Bleeding and Choking	Lesson 3	40 min

Test

5. **Instructor qualification.** Only instructors who hold an in date First Aid at Work qualification can assess Basic First Aid.
6. **Pre-requisites.** Undertake Basic First Aid training as set out above.
7. **Reference documents.** Assessment Guide, hosted in the Cadet Resource Centre.
8. **Contents.** The cadet will be given details of an accident and be asked to contact the emergency services for help. They will be assessed on whether the correct details and location were passed on to the emergency services.
9. **Pass mark:** Result is pass or refer, based on whether an effective message would result in the casualty receiving the appropriate help.
 - a. Basic Life Support skills are trained during the Lessons but are not summatively assessed at Basic Training.
10. **Retest policy.** If the cadet is referred, they may be tested again immediately. If they are referred again, retraining should be carried out before another attempt.
11. **Westminster recording.** The qualification can be updated by counties. The qualification on Westminster is ACS Basic First Aid. There is no certificate or authorised badge for this course.

1-Star - First Aid

Training

1. **Introduction.** The 1-Star syllabus is “Casaid”. When basic first aid and 1-Star first aid have been delivered progressively they match the basic first aid requirement of the Duke of Edinburgh’s Award expedition training at Bronze level.
2. **Instructor qualification.** Only instructors who hold a minimum of an in date First Aid at Work qualification and who has been familiarised with the St Johns Youth First Aid pack can deliver 1-Star First Aid. All Lessons must be delivered using the St Johns Lesson plans.
3. **Pre-requisites.** Revision of the Basic Training syllabus can be completed if needed but is not included in the 1-Star training time frame.
4. **Reference documents.** St Johns Lesson plans – Hosted on the cadet resource centre.

The following table provides the lessons for One Star – First Aid:

Ser	Description	Resource	Timings
1	Bones, Muscles & Joints	Lesson 4	30 min
2	Hypothermia	Lesson 5	30 min
3	Heat Exhaustion	Lesson 6	30 min
4	Bites, Stings & Minor Injuries	Lesson 7	30 min

Test

5. **Instructor qualification.** Only instructors who hold a minimum of an in date First Aid at Work qualification can assess one star first aid.
6. **Pre-requisites.** Complete Basic assessment and 1-Star first aid training, as set out above.
7. **Reference documents.** Assessment Specification – Hosted on the cadet resource centre and the assessment criteria below.
8. **Contents.** The assessment is in three parts. These assessments must be taken separately, and the results are “pass” or “refer”.

Ser	A simple practical test of the ability to deal with a casualty who is not breathing (CPR)		
	Scenario	Criteria	Pass / Refer
1	The candidate is to perform resuscitation alone in a simulated incident, set in a classroom, using a manikin. The candidate is to undertake the test as if the assessor is an untrained bystander to a standard which is effective safe and prompt.	Assess for Danger	Pass: Checks for danger and makes area safe. Refer: Does not clear any obvious danger.
		Assess the casualty	Pass: Checks AVPU, performs head tilt – chin lift effectively and checks for breathing for up to 10 seconds.
		Response (AVPU), Shout for help, Open airway (head tilt – chin lift) Check breathing (up to 10 seconds)	Refer: Does not perform any part of AVPU. Does not open airway correctly and check breathing for up to 10 seconds.
		Call for help.	Pass: Asks bystander to call 999 / 112 and asks them for an AED.
		Send for AED. Gives correct information.	Refer: Does not call 999 / 112 at all throughout whole scenario.
		Give effective chest compressions.	Pass: 30 compressions delivered, 5-6cm depth at correct speed.
		Correct hand position. Correct speed. Correct depth. 30 compressions.	Refer: Not able to deliver compressions in accordance with current protocols.
		Rescue breaths. 2 effective rescue breaths.	Pass: Delivery of 2 effective rescue breaths. Refer: Inability to deliver effective rescue breaths.
		Continue CPR. Correct hand position. Correct speed. Correct depth. 30 compressions.	Pass: 30 compressions delivered, 5-6cm depth at a rate of 100-120 bpm. Refer: Not able to deliver compressions in accordance with current protocols.
		Questions. What would you do if you were alone? What is agonal breathing? What would you do if you could not achieve rescue breaths?	Pass: Correct answers to all questions. Refer: Unable to answer 2 / 3 of questions correctly.

Ser	A simple practical test of the ability to deal with a casualty who is breathing but unconscious		
	Scenario	Criteria	Pass / Refer
2	The candidate is to act in a role play incident, set in a classroom, providing care to an acting casualty who has simulated unconsciousness. The candidate is to undertake the test as if they are alone to a standard which is effective safe and prompt.	Assess for Danger.	Pass: Checks for danger and makes area safe. Refer: Does not clear any obvious danger.
		Assess the casualty. Response (AVPU). Shout for help. Open airway (head tilt – chin lift). Check breathing (up to 10 seconds).	Pass: Checks AVPU, performs head tilt – chin lift effectively and checks for breathing for up to 10 seconds. Refer: Does not perform any part of AVPU. Does not open airway correctly and check breathing for up to 10 seconds.
		Carries out quick life-threatening injuries check.	Pass: Does do a life-threatening injuries check. Refer: Does not attempt any form of check.
		Removes sharp objects. Removes glasses.	
		Place casualty in recovery position.	Pass: Casualty is positioned to maintain an effective airway. Refer: No effective airway is maintained.
		Ensuring airway is open. Body position is stable to allow casualty to be left.	
		First Aider goes for help.	Pass: Calls 999 / 112.
		Gives correct information.	Refer: Does not call 999 / 112 at all throughout whole scenario.
		Secondary Survey on return. Checks breathing. Carries out top-to-toe survey.	Pass: Checks breathing. Refer: Breathing not checked.
		Questions What would you do if you suspected a spinal injury?	Pass: Correct answers to all questions. Refer: Unable to answer even after prompting.

Ser	A simple practical test of the ability to deal with a conscious casualty with a bleeding wound		
	Scenario	Criteria	Pass / Refer
3	The candidate is to act in a role play incident, set in a classroom, providing care to an acting casualty who has cut their wrist on a sharp object. The candidate is to be effective safe and prompt. The assessor is to act as an untrained bystander.	Assess for Danger.	Pass: Checks for danger and makes area safe. Refer: Does not clear any obvious danger.
		Diagnose Injuries	Pass: Locates the injury.
		Identify the injury on their wrist.	Refer: Does not locate the injury.
		Call for help.	Pass: Asks bystander to call 999 / 112 and asks them for a First Aid kit.
		Send bystander for help and asks them to return with a First Aid Kit.	Refer: No 999 / 112 call at all throughout whole scenario / does not get First Aid kit at all.
		Treatment before equipment becomes available.	Pass: Casualty is positioned correctly, and direct pressure is applied prior to the arrival of the first aid kit. Once the first aid kit arrives the correct application of a sterile dressing must be demonstrated.
		Effective, safe and prompt.	Refer: Failure to apply direct pressure at all or failure to demonstrate the correct application of a sterile dressing.
		Understanding that shock will be present.	Pass: The casualty is laid down with the legs elevated.
		Treating for shock.	Refer: No consideration of shock.

9. **Pass mark.** As stated on the charts above – A cadet is required to ‘pass’ all elements to receive a pass for the One Star syllabus.

10. **Retest policy.** If the cadet is referred, they may be tested again immediately. If they are referred again, retraining should be carried out before another attempt.

11. **Westminster recording.** The qualification can be updated by units. The qualification on Westminster is “ACS 1-Star First Aid”. There is no certificate or authorised badge for this course.

2-Star - First Aid

Training

1. **Introduction.** The 2-Star syllabus is the full Youth First Aid package (less the subjects covered at Basic and One Star). When the Basic, 1-Star and 2-Star packages have been delivered progressively, the cadet can be awarded the St. John Ambulance Youth First Aid qualification.
2. **Instructor qualification.** Only instructors who hold a minimum of an in date First Aid at Work and who has been familiarised with the St Johns Youth First Aid pack can deliver Two Star First Aid. All Lessons must be delivered using the St Johns Lesson plans.
3. **Pre-requisites.** The Basic first aid and 1-Star first aid, the subjects, which have been previously taught (*), can be revisited during this section. The Lessons are to revise the cadets to progress onto the full Youth First Aid Certificate.
4. **Reference documents.** LSPECS and Lesson plans – Hosted on the cadet resource centre.

The following table provides the lessons for Two Star – First Aid:

Ser	Description	Resource	Timings
1	Dealing with Emergency.	Lesson 8	30 min
2	Primary Survey (*) and Recovery Position (*).	Lesson 9	30 min
3	Cardiopulmonary Resuscitation (*).	Lesson 10	30 min
4	Minor Bleeding (*) Bleeding and Shock (*).	Lesson 11	30 min
5	Choking (*) and Fainting.	Lesson 12	30 min
6	Electric Shock.	Lesson 13	30 min
7	Burns and Scalds.	Lesson 14	30 min
8	Asthma.	Lesson 15	30 min
9	Chest Pains.	Lesson 16	30 min
10	Foreign Objects.	Lesson 17	30 min
11	Head Injuries.	Lesson 18	30 min
12	Low Blood Sugar.	Lesson 19	30 min
13	Poisons.	Lesson 20	30 min
14	Severe Allergic Reaction.	Lesson 21	30 min
15	Seizures.	Lesson 22	30 min
16	Spinal Injuries.	Lesson 23	30 min

Test

5. **Instructor qualification.** Only instructors who hold a minimum of an in date First Aid at Work qualification can assess two-star First Aid.
6. **Pre-requisites.** Completed Basic and 1-Star assessments and complete 2-Star First Aid training, as set out above.
7. **Reference documents.** Assessment Specification – Hosted on the cadet resource centre.
8. **Contents.** The assessment is in three parts. These assessments should be taken separately and are “pass” or “refer”.

Ser	A simple practical test of the ability to deal with a casualty who is not breathing (CPR)		
	Scenario	Criteria	Pass / Refer
1	The candidate is to perform resuscitation alone in a simulated incident, set in a classroom, using a manikin. The candidate is to undertake the test as if the assessor is an untrained bystander to a standard which is effective safe and prompt.	Assess for Danger	Pass: Checks for danger and makes area safe. Refer: Does not clear any obvious danger.
		Assess the casualty	Pass: Checks AVPU, performs head tilt – chin lift effectively and checks for breathing for up to 10 seconds.
		Response (AVPU), Shout for help, Open airway (head tilt – chin lift)	Refer: Does not perform any part of AVPU. Does not open airway correctly and check breathing for up to 10 seconds.
		Check breathing (up to 10 seconds)	
		Call for help.	Pass: Asks bystander to call 999 / 112 and asks them for an AED.
		Send for AED. Gives correct information.	Refer: Does not call 999 / 112 at all throughout whole scenario.
		Give effective chest compressions.	Pass: 30 compressions delivered, 5-6cm depth at correct speed.
		Correct hand position. Correct speed. Correct depth. 30 compressions.	Refer: Not able to deliver compressions in accordance with current protocols.
		Rescue breaths. 2 effective rescue breaths.	Pass: Delivery of 2 effective rescue breaths. Refer: Inability to deliver effective rescue breaths.
		Continue CPR. Correct hand position. Correct speed. Correct depth. 30 compressions.	Pass: 30 compressions delivered, 5-6cm depth at a rate of 100-120 bpm. Refer: Not able to deliver compressions in accordance with current protocols.
		Questions. What would you do if you were alone? What is agonal breathing? What would you do if you could not achieve rescue breaths?	Pass: Correct answers to all questions. Refer: Unable to answer 2 / 3 of questions correctly.

Ser	A simple practical test of the ability to deal with a casualty who is breathing but unconscious		
	Scenario	Criteria	Pass / Refer
2	The candidate is to act in a role play incident, set in a classroom, providing care to an acting casualty who has simulated unconsciousness. The candidate is to undertake the test as if they are alone to a standard which is effective safe and prompt.	Assess for Danger.	Pass: Checks for danger and makes area safe. Refer: Does not clear any obvious danger.
		Assess the casualty. Response (AVPU). Shout for help. Open airway (head tilt – chin lift). Check breathing (up to 10 seconds).	Pass: Checks AVPU, performs head tilt – chin lift effectively and checks for breathing for up to 10 seconds. Refer: Does not perform any part of AVPU. Does not open airway correctly and check breathing for up to 10 seconds.
		Carries out quick life-threatening injuries check.	Pass: Does do a life-threatening injuries check.
		Removes sharp objects. Removes glasses.	Refer: Does not attempt any form of check.
		Place casualty in recovery position.	Pass: Casualty is positioned to maintain an effective airway.
		Ensuring airway is open. Body position is stable to allow casualty to be left.	Refer: No effective airway is maintained.
		First Aider goes for help.	Pass: Calls 999 / 112.
		Gives correct information.	Refer: Does not call 999 / 112 at all throughout whole scenario.
		Secondary Survey on return. Checks breathing. Carries out top-to-toe survey.	Pass: Checks breathing. Refer: Breathing not checked.
		Questions What would you do if you suspected a spinal injury?	Pass: Correct answers to all questions. Refer: Unable to answer even after prompting.

Ser	A simple practical test of the ability to deal with a conscious casualty with a bleeding wound		
	Scenario	Criteria	Pass / Refer
3	The candidate is to act in a role play incident, set in a classroom, providing care to an acting casualty who has cut their wrist on a sharp object. The candidate is to be effective safe and prompt. The assessor is to act as an untrained bystander.	Assess for Danger.	Pass: Checks for danger and makes area safe. Refer: Does not clear any obvious danger.
		Diagnose Injuries	Pass: Locates the injury.
		Identify the injury on their wrist.	Refer: Does not locate the injury.
		Call for help.	Pass: Asks bystander to call 999 / 112 and asks them for a First Aid kit.
		Send bystander for help and asks them to return with a First Aid Kit.	Refer: No 999 / 112 call at all throughout whole scenario / does not get First Aid kit at all.
		Treatment before equipment becomes available.	Pass: Casualty is positioned correctly, and direct pressure is applied prior to the arrival of the first aid kit. Once the first aid kit arrives the correct application of a sterile dressing must be demonstrated.
		Effective, safe and prompt.	Refer: Failure to apply direct pressure at all or failure to demonstrate the correct application of a sterile dressing.
		Understanding that shock will be present.	Pass: The casualty is laid down with the legs elevated.
		Treating for shock.	Refer: No consideration of shock.

9. **Pass mark.** As stated on the charts above – A cadet is required to ‘pass’ all elements to receive a pass for the 2-Star syllabus.

10. **Retest policy.** If the cadet is referred, they may be tested again immediately. If they are referred again, retraining should be carried out before another attempt.

11. **Westminster recording.** The qualification can be updated by counties. The qualification on Westminster is ACS 2-Star First Aid. There is a Youth First Aid Certificate which is issued by your Brigade Adviser (via the CFATO / First Aid Instructor) on the successful submission of a completed AF E7557. Cadets are also entitled to wear the St. John Ambulance Red Young First Aider badge.

3-Star - First Aid

Training

1. **Introduction.** The 3-Star syllabus moves from youth qualifications and begins delivering adult courses. As a result, of additional qualifications being required to deliver this subject, this route is now optional under the new syllabus structure. The qualification is: - Emergency First Aid at Work.
2. **Instructor qualification.** Only instructors who are a registered and authorised as an Army Cadet Trainer / Assessor can train this qualification.
3. **Pre-requisites:**
 - a. Students must be over 14 years of age to be eligible for a regulated qualification.
 - b. All courses must have a nominal roll sent in prior to delivery to RC-Cdts-Med-0Mailbox@mod.gov.uk. You must not train without having read the Training and Assessment Guidance.
4. **Reference documents.** LSPECs and Lesson Plans, Voluntary Society First Aid Manual 11th Edition, Lesson plans.

The following table provides the lessons for Three Star – First Aid:

Ser	Description	Resource	Timings
1	Roles & Responsibilities of a first aider.	Lesson 24	40 min
2	Incident and casualty assessment.	Lesson 25	80 min
3	Unresponsive casualty not breathing normally.	Lesson 26	80 min
4	Choking Casualty.	Lesson 27	40 min
5	Shock.	Lesson 28	40 min
6	External Bleeding.	Lesson 29	40 min
7	Minor injuries.	Lesson 30	40 min

Test

5. **Instructor qualification.** Only instructors who are a registered and authorised as an Army Cadet Trainer / Assessor can assess this qualification.
6. **Pre-requisites.** Complete 3-Star First Aid Training.
7. **Reference documents.** Assessment Guide, Voluntary Society First Aid Manual 11th Edition and A-Specs.
8. **Contents:** The assessment for Emergency First Aid at Work course is a continuous assessment; the assessment is via a Theory Exam and observation of practical. Full guidance notes are contained within the Assessment Guide available.
9. **Due Diligence.** As this is a regulated course there is specific paperwork which must be completed and returned to RC-Cdts-Med-0Mailbox@mod.gov.uk, this includes the course information document, theory papers for each student and evidence of observation. Full requirements are found in the Assessment Guide.

10. **Retest policy.** The retest policy is contained within the Assessment Guide on the cadet resource centre.
11. **Westminster recording.** The First Aid qualification can only be updated at National level. The qualification will be uploaded as soon as the course is quality assured. Certificates may take a little longer to arrive at Unit HQ, at which time the certificate can be attached to the qualification. There is an Emergency First Aid at Work Certificate issued. There is currently no authorised badge for this course.

4-Star - First Aid

Training

1. **Introduction.** The 4-Star syllabus further progresses our Senior cadets in adult first aid courses. It can be taken following completion of the 3 Star First Aid or as a standalone subject at 4 Star (there is not requirement to have completed 3 Star). It is also designed to build on their JCIC skills to deliver the Basic, 1 and 2-Star First Aid subjects to junior cadets using the First Aid Instructor qualification. First Aid at Work – 18 hours First Aid and First Aid Instructors Course (2 hours).
2. **Instructor qualification.** Only instructors who are a registered and authorised as an ACFA Trainer / Assessor can train this qualification.
3. **Pre-requisites:**
 - a. Students must be over 14 years of age to be eligible for a regulated qualification.
 - b. The EFAW can be Recognised as Prior Learning (RPL'd) if it was completed less than 10 weeks prior to the FAW course. If not, the full 18-hour course must be completed.
 - c. All courses must have a nominal roll sent in to RC-Cdts-Med-0Mailbox@mod.gov.uk. You must not train without having read the Training and Assessment Guidance.
4. **Reference documents.** LSPECs, Lesson Plans and Assessment Guide, Voluntary Society First Aid Manual 11th Edition, Lesson plans.

The following table provides the lessons for Four Star – First Aid:

Ser	Description	Resource	Timings
1	Role and responsibilities of first aider	Lesson 31	40 min
2	Incident and casualty assessment	Lesson 32	40 min
3	Unconscious casualty breathing normally	Lesson 33	40 min
4	Unresponsive casualty not breathing normally	Lesson 34	80 min
5	Choking casualty	Lesson 35	40 min
6	Shock & Bleeding	Lesson 36	40 min
7	Minor injuries	Lesson 37	40 min
8	Written Assessment	Exam	30 min
9	Recap of Day 1 skills stations		40 min
10	Catastrophic Bleeding	Lesson 38	60 min
11	Secondary Survey	Lesson 39	80 min
12	Bone Muscle and Joint Injuries	Lesson 40	80 min
13	Head Injuries	Lesson 41	40 min
14	Spinal Injuries	Lesson 42	40 min
15	Chest Injuries	Lesson 43	40 min
16	Burns and Scalds	Lesson 44	40 min
17	Eye Injuries	Lesson 45	40 min
18	Poisons	Lesson 46	40 min
19	Anaphylaxis	Lesson 47	40 min
20	Heat and Cold Injuries	Lesson 48	40 min
21	Asthma	Lesson 49	40 min
22	Stroke	Lesson 50	40 min
23	Heart Attack and Angina	Lesson 51	40 min
24	Epilepsy	Lesson 52	40 min
25	Diabetes	Lesson 53	40 min
26	Scenario skills stations		60 min
27	Theory / Written assessment question paper.	Exam	30 min
28	Cadet First Aid Instructor Course		120 min

Test

5. **Instructor qualification.** Only instructors who are a registered and authorised as an Army Cadets Trainer / Assessor can train this qualification.

6. **Pre-requisites.** Complete 4-Star First Aid training.

7. **Reference documents.** Assessment Guide, Voluntary Society First Aid Manual 11th Edition and A-Specs.

8. **Contents:** The assessment for First Aid at Work course is a continuous assessment; the assessment is via a Theory Exam and observation of practical. Full guidance notes are contained within the First Aid Assessment Guide.

9. **Due Diligence.** As this is a recognised course there is specific paperwork which must be completed and returned to RC-Cdts-Med-0Mailbox@mod.gov.uk , this includes the course information document, theory papers for each student and evidence of observation. Full requirements are found in the Assessment Guide.

10. **Retest policy:** The retest policy is contained within the Assessment Guide:
- a. The assessment for the Cadet First Aid instructor course is a 30-minute observation of the delivery of a Basic, 1-Star- or 2-Star first aid lesson together with a reflective statement from the cadet.
 - b. If the lesson does not meet the required standard, then the cadet must be given another opportunity to conduct another lesson. If the second lesson does not meet the required standard. The cadet will not be permitted to deliver training on the Basic, 1-Star or 2-Star packages.
11. **Westminster recording:** The First Aid qualification can only be updated at National level. The qualification will be uploaded as soon as the course is quality assured. Certificates may take a little longer to arrive at Unit HQ, at which time the certificate can be attached to the qualification. There is a First Aid at Work Certificate issued. There is currently no authorised badge for this course.
- a. The ACS 4-Star pass can be awarded by Counties, but this must only be done after the First Aid at Work qualification has been awarded and the cadet has met the standard of an observed first aid lesson at Basic, 1-Star or 2-Star level.

Section 8

EXPEDITION

General

1. Expeditions are a core element of the Army Cadet Syllabus and the Army Cadet experience. They enable cadets to experience self-sufficiency. Cadets will operate as teams and will apply the training they receive in other areas of the Syllabus, including elements of First Aid, Leadership, and Navigation. Delivery of the Expedition modules is through taught knowledge and skills Lessons. At Two, Three and Four Star, cadets will be assessed during unaccompanied, remotely supervised expeditions.⁷

2. This Expedition Syllabus for ACS21 has been updated to acknowledge the similarities between the Army Cadet Syllabus and the Duke of Edinburgh's Award, which cadets may choose to undertake. Integration of Syllabus and DofE expeditions will enable Units to efficiently deliver expeditions which satisfy the assessment requirements of both awards.

⁷ Please note there is no Manual for Expedition – AC 72149 The Expedition Instructors Guide is available.

Basic - Expedition

Training

1. **Introduction.** Expedition at Basic level is designed to introduce the cadet to the concept and purpose of self-sufficient expeditions.
2. **Instructor qualification.** These lessons may be taught by any competent CFAV or Senior Cadet.
3. **Pre-requisites.** Nil.
4. **Reference documents.** AC 72149 - Expedition Training Guide for Army Cadet Instructors.

The following table provides the lessons for Basic – Expedition:

Ser	Description	Resource	Timings
1	Introduction to Expeditions.	Lesson 1	40 min
2	Expedition Environment.	Lesson 2	40 min

Test

5. **Introduction.** The Basic Expedition test is to be taken on completion of the training and should be taken either by verbal questioning or in the form of a short-written test.
6. **Instructor qualification.** Criteria can be tested by any competent CFAV or Senior Cadet.
7. **Pre-requisites.** Nil
8. **Reference documents.** AC 72149 - Expedition Training Guide for Army Cadet Instructors.
9. **Contents.** Questions may be created locally but the test must contain the following.

Ser	Description	Marking
1	Two questions on the countryside code (or its equivalent for the local area).	1 point per correct answer or action
2	An explanation of self-sufficiency.	1 Point

10. **Pass mark.** The cadet must score two or more points to pass.
11. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.
12. **Westminster recording.** On successful completion the following qualification should be awarded “ACS Basic Expedition”.

1-Star - Expedition

Training

1. **Introduction.** The One Star syllabus is designed to teach the cadets the key skills they will need in order to safely undertake an unaccompanied expedition at Two Star. This syllabus aligns exactly with the Duke of Edinburgh's Award, Bronze Expedition Training Framework, and cadets who complete One Star may also be signed off as having completed Bronze Expedition Training.
2. **Instructor qualification.** Lesson 9 (stove safety) must be taught by an adult who is deemed by the Commandant to be competent in the safe use of the stove type to be trained. All other Lessons may be taught by any competent adult or Senior Cadet.
3. **Pre-requisites.** Basic Expedition pass. Before undertaking the Assessment, cadets must have been trained in One Star First Aid and One Star Navigation.
4. **Reference documents.** AC 72149 - Expedition Training Guide for Army Cadet Instructors.

The following table provides the lessons for One Star – Expedition:

Ser	Description	Resource	Timings
1	Expedition Aims.	Lesson 3	40 min
2	Emergency Procedures.	Lesson 4	40 min
3	Health & Safety: Awareness of risk.	Lesson 5	40 min
4	Clothing, footwear and emergency equipment.	Lesson 6	40 min
5	Packing, waterproofing and manual handling of a rucksack.	Lesson 7	40 min
6	Choosing a campsite, pitching and striking tents.	Lesson 8	40 min
7	Cooking: safe use of stoves, and safe handling and carriage of fuels.	Lesson 9	40 min
8	Planning and cooking an appropriate expedition menu.	Lesson 10	40 min

Test

5. **Introduction.** The 1-Star Expedition test is to be taken on completion of the training and must be a practical outdoor activity. It will last for a minimum of one day (6 hours) and will include setting up an overnight camp. Ideally the cadets will camp out overnight either before or after the main day's activity.
6. **Instructor qualification.** Only instructors who hold a relevant National Governing Body qualification, or who have Unit Authorisation to lead expeditions in normal country as per the AT Manual, may assess the One Star syllabus.
7. **Pre-requisites.** Complete 1-Star Expedition Training.
8. **Reference documents.** AC 72149 - Expedition Training Guide for Army Cadet Instructors.

9. **Contents:** Cadets must travel on foot in groups of 4-7, accompanied by a relevantly qualified or authorised supervisor. A remotely supervised element may be included if deemed appropriate to the team's ability and the conditions on the day:

- a. Cadets must be self-sufficient and carry their own equipment.
- b. The activity will be conducted separately from a Fieldcraft exercise; cadets and staff will wear civilian expedition clothing.
- c. This assessment could be run in conjunction with a One Star Navigation Assessment.

Ser	Description	Marking
1	Ability to work in a group: The cadet must contribute to the group effort. The group must travel as a single unit.	1 point per correct answer or action
2	Preparation for the expedition: The cadet must select appropriate equipment and food. The cadet must pack and waterproof their equipment.	1 Point
3	Ability to safely complete a journey on foot: The group must demonstrate the ability to navigate a planned route. The cadet must behave in accordance with the Countryside Code or its local equivalent. The cadet must explain the initial actions in an emergency including calling for help appropriately.	1 point per correct answer or action
4	Campcraft: Cadets must demonstrate pitching, striking and packing a tent. Cadets must demonstrate safe use of a stove and fuel. Cadets must cook, eat and clear away a substantial hot meal.	1 point per correct answer or action

10. **Pass mark.** The cadet must score five points or more to pass.

11. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

12. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 1-Star Expedition", and also "Bronze Expedition Training" on Westminster and eDofE for those participants who are registered for the Duke of Edinburgh's Award. Note that cadets may complete One Star expedition before they are old enough to register for DofE. Where this is the case, the "Bronze Expedition Training" may be recorded as having been completed on the date the cadet is subsequently registered for their Bronze Award.

2-Star - Expedition

Training

1. **Introduction:** Expedition at 2-Star level is designed to give the cadet their first experience of a remotely supervised expedition. They will prepare for and undertake a 2-day, 1-night unaccompanied expedition in normal rural country. Most expeditions will take place on foot, however teams may choose a different mode of travel, such as cycling, horse riding or canoeing. This expedition will meet the criteria for the Bronze Duke of Edinburgh's Award qualifying expedition, provided a DofE Accredited Assessor is used for those cadets registered for the Award.
2. For alternative modes of travel, cadets must undertake specific training and be deemed competent in that mode of travel by an appropriately qualified instructor. See ACS AT Manual for more details.
3. **Instructor qualification.** Lesson 11C (stove safety) must be taught by an adult who is deemed by the Commandant to be competent in the safe use of the stove type to be trained. All other Lessons may be taught by any competent adult or Senior Cadet.
4. **Pre-requisites.** 1-Star Expedition.
5. **Reference documents.** AC 72149 - Expedition Training Guide for Army Cadet Instructors.

The following table provides the lessons for Two Star – Expedition:

Ser	Description	Resource	Timings
1	Revision period: Emergency procedures.	Lesson 11A	40 min
2	Revision period: Clothing, footwear, emergency equipment, packing, waterproofing and manual handling of a rucksack or other appropriate container.	Lesson 11B	40 min
3	Revision period: Safe use of stoves, and safe handling and carriage of fuels	Lesson 11C	40 min
4	Planning: Produce a plan for the aim of activity.	Lesson 12	40 min
5	Identifying hazards and access issues on maps.	Lesson 13	40 min
6	Roles within an expedition team.	Lesson 14	40 min
7	Planning the route and preparing route cards.	Lesson 15	120 Mins

Test

6. **Introduction.** The 2-Star Expedition test is to be taken on completion of the training and will take place outdoors during a remotely supervised expedition in normal terrain. It will last for two days and one night.
7. **Instructor qualification.** Each group is to have a relevantly qualified or authorised supervisor who is responsible for the group. Qualifications and authorisations for supervisors are detailed in the AT Manual.
8. **Pre-requisites.** Complete 2-Star Expedition & Navigation Training and 1-Star First Aid Training.
9. **Reference documents.** AC 72149 - Expedition Training Guide for Army Cadet Instructors.

10. Contents:

- a. The activity will be conducted separately from a Fieldcraft exercise; cadets and staff will wear civilian expedition clothing.
- b. This assessment is not to be carried out in conjunction with a Two Star Navigation Assessment; the expedition is a group effort and is remotely supervised; therefore, individuals' navigation skills cannot be adequately assessed.

11. Assessment Criteria:

Ser	Assessment Title	Assessment Criteria
1	Expedition Planning	Cadets must have been involved in the planning of the expedition. All members of the team should be able to describe the role they have played in planning.
2	Expedition Aim	The team must have selected an aim and must be able to demonstrate that they have worked on it during their expedition.
3	Composition of the Team	Cadets must be in the school year in which they will turn 14, or older. Teams are to be made up of cadets all working at the same star level.
4	Team Size	Teams must be made up of between 4 and 7 cadets (or 8 for tandem modes of travel). The team must have between 4 and 7 (or 8) participants throughout the venture.
5	Location	The expedition must take place in normal terrain. The area may be local and familiar to the group.
6	Overnight Accommodation	Cadets should camp overnight in small expedition tents. They should stay on campsites with basic facilities including water, toilets, and washing facilities. In exceptional circumstances, hardened accommodation may be used, for example to accommodate a medical need.
7	Expedition Duration	The expedition must last 2 days, with each day consisting of a minimum of 6 hours of planned activity, of which 3 hours or more must be journeying. Planned activity starts when the team sets off from their start point or campsite and ends when they arrive at the campsite or end point. Time spent at the campsite and cooking do not count towards the hours of planned activity.
8	Team Supervisor	Teams must be supervised by an adult who is able to accept responsibility for the safety of the team.
9	Assessor	If any of the cadets are undertaking this activity as their Bronze Duke of Edinburgh's Award expedition, then the assessor must be accredited with DofE and have a valid Assessor Number. If none of the team are using this activity towards their DofE Award, then the assessment may be undertaken by any Authorised CFAV. The assessor may also be the supervisor.
10	Expedition Dates	Expeditions should take place between the end of March and the end of October.
11	Pre-training	Cadets must be adequately trained to safely undertake a remotely supervised expedition. Training must be relevant to the mode of travel to be used, and appropriate to the environment in which they will be operating.
12	Nature of Expedition	Cadets must complete the expedition by their own physical effort. No motorized or outside assistance is permitted, other than the re-supply of water by supervisors and at campsites.

Ser	Assessment Title	Assessment Criteria
13	Self-sufficiency	Cadets must be unaccompanied, self-sufficient, and properly equipped. Supervision and assessment must be carried out remotely. Meetings with the team should be minimized so that they do not intrude on the cadets' experience of self-sufficiency. Equipment must be adequate for the activity, environment and conditions, and must be checked by supervisors before the cadets set out on their venture.
14	Physical ability	Cadets must possess the necessary physical fitness required to complete their expedition safely. At the planning stage, thought needs to have been made to put cadets into groups of similar fitness ability, so that they can plan a route that challenges them but is within their capabilities. Expeditions should be achievable by all.
15	Electronic devices	Cadets must adhere to a mobile phone use policy, agreed with the supervisor and assessor before the expedition. This should include use of other electronic equipment such as GPS and headphones.
16	Behaviour	Cadets must behave with respect for their team members, Leaders, the public, and animals.
17	Adherence to relevant Codes.	Cadets must understand and adhere to the Countryside Code (or relevant local equivalent), Highway Code and Water Sports Codes.
18	Food and Cooking	Cadets must have planned an appropriate expedition menu. Cadets must cook, eat and clear away a substantial hot meal on each day. This is optional on the final day. They must light, use, extinguish, and store their stove and fuel safely.
19	Debrief	The debrief should take place immediately at the end of the expedition. All Cadets are expected to actively participate in this.

12. **Pass mark.** The expedition and the cadet must meet all the assessment criteria.

13. **Retest policy.** Cadets who are unable to complete the expedition should be removed from the group. The remaining team members may continue, subject to there being 4 or more continuing participants. Where the whole team is deemed to be unable to complete the expedition, the assessment should be cut short, and the time remaining used for additional training. The group may re-attempt the expedition at a later date.

14. **Westminster recording:** On successful completion the following qualification should be awarded: "ACS 2-Star Expedition", and also "Bronze Assessed expedition" on Westminster and eDofE for those participants who are registered for the Duke of Edinburgh's Award:

- a. Cadets using the expedition for their DofE Award will also need a written assessor's report, and all accredited assessors will be aware of the process and requirements for completing this.
- b. Accredited Prior Learning: Cadets who can evidence completion of the Bronze Duke of Edinburgh's Award outside of the Army Cadets (for example, with a school group) should be awarded Two Star expedition.

3-Star - Expedition

Training

1. **Introduction:** The Three Star syllabus develops those skills already learnt in One Star and Two Star and moves cadets towards a longer self-sufficient expedition. Completion of this module equates to completion of the Silver Duke of Edinburgh's Award training and practice expedition. Most expeditions will take place on foot, however teams may choose a different mode of travel, such as cycling, horse riding or canoeing.
2. For alternative modes of travel, cadets must undertake specific training and be deemed competent in that mode of travel by an appropriately qualified instructor. See AT Manual for more details.
3. **Instructor qualification.** Lesson 16C (stove safety) must be taught by an adult who is deemed by the Commandant to be competent in the safe use of the stove type to be trained. All other Lessons may be taught by any competent adult or Senior Cadet.
4. **Pre-requisites.** 2-Star Expedition.
5. **Reference documents.** AC 72149 - Expedition Training Guide for Army Cadet Instructors.

The following table provides the lessons for Three Star – Expedition:

Ser	Description	Resource	Timings
1	Revision period: Emergency procedures.	Lesson 16A	40 min
2	Revision period: Clothing, footwear, emergency equipment, packing, waterproofing and manual handling of a rucksack or other appropriate container.	Lesson 16B	40 min
3	Revision period: Safe use of stoves, and safe handling and carriage of fuels.	Lesson 16C	40 min
4	Planning: Produce a plan for the aim of activity.	Lesson 17	40 min
5	Awareness of legislation around access on land and water, including wild camping and collecting water.	Lesson 18	40 min
6	Weather and its impact on expeditions.	Lesson 19	40 min
7	Planning the route and preparing route cards.	Lesson 20	120 Mins
8	Planning and cooking an appropriate expedition menu.	Lesson 10	40 min

Test

6. **Introduction.** The 3-Star Expedition test is to be taken on completion of the training and will take place outdoors during a remotely supervised expedition in unfamiliar normal terrain, or wild country if local and appropriate for the team. It will last for two days and two nights.
7. **Instructor qualification.** Each group is to have a relevantly qualified or authorised supervisor who is responsible for the group. Qualifications and authorisations for supervisors are detailed in the AT Manual.
8. **Pre-requisites.** Complete 2-Star Expedition & Navigation Training and 1-Star First Aid Training.

9. **Reference documents.** AC 72149 - Expedition Training Guide for Army Cadet Instructors.

10. **Contents:**

- a. The activity will be conducted separately from a Fieldcraft exercise; cadets and staff will wear civilian expedition clothing.
- b. This assessment is not to be carried out in conjunction with a Three Star Navigation Assessment: the expedition is a group effort and is remotely supervised therefore individuals' navigation skills cannot be adequately assessed.

11. **Assessment Criteria:**

Ser	Assessment Title	Assessment Criteria
1	Expedition Planning	Cadets must have been involved in the planning of the expedition. All members of the team should be able to describe the role they have played in planning.
2	Expedition Aim	The team must have selected an aim and must be able to demonstrate that they have worked on it during their expedition.
3	Composition of the Team	Cadets must be in the school year in which they will turn 14, or older. Teams are to be made up of cadets all working at the same star level.
4	Team Size	Teams must be made up of between 4 and 7 cadets (or 8 for tandem modes of travel). The team must have between 4 and 7 (or 8) participants throughout the venture.
5	Location	The expedition must take place in normal terrain. The area may be local and familiar to the group.
6	Overnight Accommodation	Cadets should camp overnight in small expedition tents. They should stay on campsites with basic facilities including water, toilets, and washing facilities. In exceptional circumstances, hardened accommodation may be used, for example to accommodate a medical need.
7	Expedition Duration	The expedition must last 2 days, with each day consisting of a minimum of 6 hours of planned activity, of which 3 hours or more must be journeying. Planned activity starts when the team sets off from their start point or campsite and ends when they arrive at the campsite or end point. Time spent at the campsite and cooking do not count towards the hours of planned activity.
8	Team Supervisor	Teams must be supervised by an adult who is able to accept responsibility for the safety of the team.
9	Assessor	If any of the cadets are undertaking this activity as their Bronze Duke of Edinburgh's Award expedition, then the assessor must be accredited with DofE and have a valid Assessor Number. If none of the team are using this activity towards their DofE Award, then the assessment may be undertaken by any Authorised CFAV. The assessor may also be the supervisor.
10	Expedition Dates	Expeditions should take place between the end of March and the end of October.
11	Pre-training	Cadets must be adequately trained to safely undertake a remotely supervised expedition. Training must be relevant to the mode of travel to be used, and appropriate to the environment in which they will be operating.

Ser	Assessment Title	Assessment Criteria
12	Nature of Expedition	Cadets must complete the expedition by their own physical effort. No motorized or outside assistance is permitted, other than the re-supply of water by supervisors and at campsites.
13	Self-sufficiency	Cadets must be unaccompanied, self-sufficient, and properly equipped. Supervision and assessment must be carried out remotely. Meetings with the team should be minimized so that they do not intrude on the cadets' experience of self-sufficiency. Equipment must be adequate for the activity, environment and conditions, and must be checked by supervisors before the cadets set out on their venture.
14	Physical ability	Cadets must possess the necessary physical fitness required to complete their expedition safely. At the planning stage, thought needs to have been made to put cadets into groups of similar fitness ability, so that they can plan a route that challenges them but is within their capabilities. Expeditions should be achievable by all.
15	Electronic devices	Cadets must adhere to a mobile phone use policy, agreed with the supervisor and assessor before the expedition. This should include use of other electronic equipment such as GPS and headphones.
16	Behaviour	Cadets must behave with respect for their team members, Leaders, the public, and animals.
17	Adherence to relevant Codes.	Cadets must understand and adhere to the Countryside Code (or relevant local equivalent), Highway Code and Water Sports Codes.
18	Food and Cooking	Cadets must have planned an appropriate expedition menu. Cadets must cook, eat and clear away a substantial hot meal on each day. This is optional on the final day. They must light, use, extinguish, and store their stove and fuel safely.
19	Debrief	The debrief should take place immediately at the end of the expedition. All Cadets are expected to actively participate in this.

12. **Pass mark.** The expedition and cadet must meet all the assessment criteria.

13. **Retest policy.** Cadets who are unable to complete the expedition should be removed from the group. The remaining team members may continue, subject to there being 4 or more continuing participants. Where the whole team is deemed to be unable to complete the expedition, the assessment should be cut short, and the time remaining used for additional training. The group may re-attempt the expedition at a later date.

14. **Westminster recording:** On successful completion the following qualification should be awarded: "ACS 3-Star Expedition", and also "Silver training and practice expedition" on Westminster and eDofE for those participants who are registered for the Duke of Edinburgh's Award.

- a. Cadets using the expedition for their DofE Award will also need a written assessor's report, and all accredited assessors will be aware of the process and requirements for completing this.

4-Star - Expedition

Training

1. **Introduction:** The Four-Star syllabus further progresses our senior cadets' expedition skills. Completion of this module equates to completion of the Silver Duke of Edinburgh's Award assessed expedition, provided a DofE Accredited Assessor is used for those cadets registered for the Award; or the module may be counted as the Gold Duke of Edinburgh's Award practice expedition if the cadet is a direct entrant at Gold. Most expeditions will take place on foot, however teams may choose a different mode of travel, such as cycling, horse riding or canoeing.
2. For alternative modes of travel, cadets must undertake specific training and be deemed competent in that mode of travel by an appropriately qualified instructor. See AT Manual for more details.
3. **Instructor qualification.** Lesson 21C (stove safety) must be taught by an adult who is deemed by the Commandant to be competent in the safe use of the stove type to be trained. All other Lessons may be taught by any competent adult or Senior Cadet.
4. **Pre-requisites.** 3-Star Expedition.
5. **Reference documents.** AC 72149 - Expedition Training Guide for Army Cadet Instructors.

The following table provides the lessons for Four Star – Expedition:

Ser	Description	Resource	Timings
1	Revision period: Emergency procedures	Lesson 21A	40 min
2	Revision period: Clothing, footwear, emergency equipment, packing, waterproofing and manual handling of a rucksack or other appropriate container	Lesson 21B	40 min
3	Revision period: Safe use of stoves, and safe handling and carriage of fuels	Lesson 21C	40 min
4	Plan: Produce a plan for the aim of activity	Lesson 22	40 min
5	Weather: Sources of information and reading basic weather charts	Lesson 23	40 min
6	Group managements and leadership; Awareness of NGB Awards	Lesson 24	40 min
7	First aid in the outdoors	Lesson 25	40 min
8	Planning the route and preparing route cards	Lesson 26	120 Mins

Test

6. **Introduction.** The 4-Star Expedition test is to be taken on completion of the training and will take place outdoors during a remotely supervised expedition in unfamiliar normal terrain, or wild country if local and appropriate for the team. It will last for three days and two nights.
7. **Instructor qualification.** Each group is to have a relevantly qualified or authorised supervisor who is responsible for the group. Qualifications and authorisations for supervisors are detailed in the AT Manual.

8. **Pre-requisites.** Complete 2-Star Expedition & Navigation Training and 1-Star First Aid Training.

9. **Reference documents.** AC 72149 - Expedition Training Guide for Army Cadet Instructors

10. **Contents:**

a. The activity will be conducted separately from a Fieldcraft exercise; cadets and staff will wear civilian expedition clothing.

b. This assessment is not to be carried out in conjunction with a Three Star Navigation Assessment: the expedition is a group effort and is remotely supervised therefore individuals' navigation skills cannot be adequately assessed.

11. **Assessment Criteria:**

Ser	Assessment Title	Assessment Criteria
1	Expedition Planning	Cadets must have been involved in the planning of the expedition. All members of the team should be able to describe the role they have played in planning.
2	Expedition Aim	The team must have selected an aim and must be able to demonstrate that they have worked on it during their expedition.
3	Composition of the Team	Cadets must be in the school year in which they will turn 14, or older. Teams are to be made up of cadets all working at the same star level.
4	Team Size	Teams must be made up of between 4 and 7 cadets (or 8 for tandem modes of travel). The team must have between 4 and 7 (or 8) participants throughout the venture.
5	Location	The expedition must take place in normal terrain. The area may be local and familiar to the group.
6	Overnight Accommodation	Cadets should camp overnight in small expedition tents. They should stay on campsites with basic facilities including water, toilets, and washing facilities. In exceptional circumstances, hardened accommodation may be used, for example to accommodate a medical need.
7	Expedition Duration	The expedition must last 2 days, with each day consisting of a minimum of 6 hours of planned activity, of which 3 hours or more must be journeying. Planned activity starts when the team sets off from their start point or campsite and ends when they arrive at the campsite or end point. Time spent at the campsite and cooking do not count towards the hours of planned activity.
8	Team Supervisor	Teams must be supervised by an adult who is able to accept responsibility for the safety of the team.
9	Assessor	If any of the cadets are undertaking this activity as their Bronze Duke of Edinburgh's Award expedition, then the assessor must be accredited with DofE and have a valid Assessor Number. If none of the team are using this activity towards their DofE Award, then the assessment may be undertaken by any Authorised CFAV. The assessor may also be the supervisor.
10	Expedition Dates	Expeditions should take place between the end of March and the end of October.

Ser	Assessment Title	Assessment Criteria
11	Pre-training	Cadets must be adequately trained to safely undertake a remotely supervised expedition. Training must be relevant to the mode of travel to be used, and appropriate to the environment in which they will be operating.
12	Nature of Expedition	Cadets must complete the expedition by their own physical effort. No motorized or outside assistance is permitted, other than the re-supply of water by supervisors and at campsites.
13	Self-sufficiency	Cadets must be unaccompanied, self-sufficient, and properly equipped. Supervision and assessment must be carried out remotely. Meetings with the team should be minimized so that they do not intrude on the cadets' experience of self-sufficiency. Equipment must be adequate for the activity, environment and conditions, and must be checked by supervisors before the cadets set out on their venture.
14	Physical ability	Cadets must possess the necessary physical fitness required to complete their expedition safely. At the planning stage, thought needs to have been made to put cadets into groups of similar fitness ability, so that they can plan a route that challenges them but is within their capabilities. Expeditions should be achievable by all.
15	Electronic devices	Cadets must adhere to a mobile phone use policy, agreed with the supervisor and assessor before the expedition. This should include use of other electronic equipment such as GPS and headphones.
16	Behaviour	Cadets must behave with respect for their team members, Leaders, the public, and animals.
17	Adherence to relevant Codes.	Cadets must understand and adhere to the Countryside Code (or relevant local equivalent), Highway Code and Water Sports Codes.
18	Food and Cooking	Cadets must have planned an appropriate expedition menu. Cadets must cook, eat and clear away a substantial hot meal on each day. This is optional on the final day. They must light, use, extinguish, and store their stove and fuel safely.
19	Debrief	The debrief should take place immediately at the end of the expedition. All Cadets are expected to actively participate in this.
20	Presentation	Cadets must prepare and deliver a short presentation after the expedition.

12. **Pass mark.** The expedition and cadet must meet all the assessment criteria.

13. **Retest policy.** Cadets who are unable to complete the expedition should be removed from the group. The remaining team members may continue, subject to there being 4 or more continuing participants. Where the whole team is deemed to be unable to complete the expedition, the assessment should be cut short, and the time remaining used for additional training. The group may re-attempt the expedition at a later date.

14. **Westminster recording:** On successful completion the following qualification should be awarded "ACS 4-Star Expedition", and also "Silver Assessed expedition" or "Gold Practice expedition " on Westminster and eDofE for those participants who are registered for the Duke of Edinburgh's Award:

- a. Cadets using the expedition for their DofE Award will also need a written assessor's report, and all accredited assessors will be aware of the process and requirements for completing this.
- b. Accredited Prior Learning: Cadets who can evidence completion of the Silver or Gold Duke of Edinburgh's Award outside of the Army Cadets (for example, with a school group) should be awarded Four Star expedition.

Section 9

ADVENTUROUS TRAINING

General

1. Army Cadet Adventurous Training (AT) is unique, it influences the cadet's personal development and inspires them to achieve their full potential. AT provides an opportunity to engage in arduous and challenging activities that significantly enhance the cadet's ability to identify and manage risk, it develops teamwork, leadership and moral courage. But above all else, progressive, stimulating and safely managed AT is fun, provides an alternative learning environment and supports the recruiting and retention of personnel.

Basic - Adventurous Training

Training

1. **Introduction.** Basic Adventurous Training is mandatory and will expose the cadets to the aims of Adventurous Training, highlight the benefits of participation and provide an understanding of the opportunities available at local, regional and a national level.
2. **Instructor qualification.** Can be delivered by any suitably trained cadet or CFAV utilising the resources in the Cadet Resource Centre. The package is designed to be delivered locally at unit level as part of parade night training but could also be delivered as part of a larger AT package.
3. **Pre-requisites.** Nil
4. **Reference documents.** All reference documents are hosted on the Cadet Resource Centre. Adventurous Training page.

The following table provides the lessons for Basic – Adventurous Training:

Ser	Description	Resource	Timings
1	Aims and Benefits of Adventurous Training.	Lesson 1	75 min

Time	Content Summary	Delivery Method
10 min	Introduction: a. What is Army Cadet Adventurous Training.	PowerPoint
15 min	Aims of Adventurous Training: a. What are we trying to achieve through Cadet AT.	PowerPoint
20 min	Adventurous Training Opportunities: a. Understand the provision for AT at a local, regional and national level. b. Know how to find this information and how to get involved.	PowerPoint CCAT video
25 mins	Benefits of participation: a. Learn new skills. b. Encourages physical and mental personal development. c. Develops teamwork and leadership skills. d. Transferable skills. e. Offers the opportunity for travel to exciting destinations to experience new environments and cultures.	PowerPoint
5 min	Summary: remind the cadets of what is available to them, the benefits and how to get involved.	Verbal

Test

5. **Instructor qualification.** Can be assessed by any CFAV utilising the resources in the Cadet Resource Centre.
6. **Pre-requisites.** Complete Basic Adventurous Training lessons.
7. **Reference documents.** All reference documents are hosted on the Cadet Resource Centre.

The following table provides the criteria for Basic - Adventurous Training:

Ser	Description	Marking
1	What are the aims of AT?	1 point per correct answer
2	What is AT?	1 point per correct answer
3	What are the benefits of AT?	1 point per correct answer
4	How would you get involved in AT?	1 point per correct answer

8. **Pass mark.** The cadet must score four or more points to pass.
9. **Retest policy.** If the cadet does not pass and receives a 'refer', they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.
10. **Westminster recording.** The awarding module on Westminster is "ACS Basic Adventurous Training". This can be awarded by units.

1-Star - Adventurous Training

Training

1. **Introduction.** The One Star Adventurous Training syllabus is mandatory, designed to be practical and delivered at unit level utilising the local facilities to hand. It can be facilitated in house, should the unit have access to suitably qualified CFAVs and equipment, through a local commercial provider or a combination of both. Local units could deliver this training in cooperation or it could be delivered as part of wider cadet force training. The training aims can be met through any AT activity or a combination of several.
2. **Instructor qualification.** Activities must be conducted by current and suitably qualified instructors in accordance with AC 71849 - ACS AT Manual.
3. **Pre-requisites.** It is mandated that the cadet has completed Basic Star. Revision of Basic Training should be completed to ensure the cadet has the underpinning knowledge in place to continue with their development.
4. **Reference documents.** All reference documents are hosted on the Cadet Resource Centre.

The following table provides the lessons for One Star – Adventurous Training:

Ser	Description	Resource	Timings
1	Practical AT Taster Session; equipment, environment and participation.	Lesson 2	120 min

Time	Content Summary	Delivery Method
10 min	Introductory Activity: a. Cadets should be introduced to the activity and informed about the physical and mental benefits of participating. b. The venue should be discussed including any specific safety measures that must be adhered to. c. Instructors should be introduced to establish a professional working relationship.	Verbal Practical
15 min	Environment: a. The environment should be discussed to establish safe practical working procedures. b. Consideration should be given to the weather, access and egress, other users, environmental risks and safeguards.	Verbal Practical

Time	Content Summary	Delivery Method
15 min	<p>Equipment: Participants should be introduced to the equipment required to conduct the activity safely.</p> <ul style="list-style-type: none"> a. Serviceability checks. b. Suitability, correct usage and fitting. c. Maintenance. d. Manual handling and storage. 	<p>Verbal</p> <p>Demonstration</p> <p>Practical</p>
60 min	<p>Participation: The cadets should be instructed in the techniques required to safely participate in the activity at an introductory level.</p> <ul style="list-style-type: none"> a. Boundaries and emergency procedures. b. Warm up. c. Develop introductory personal practical skills to enable safe participation under supervision in a taster session. d. Communications. e. Safety considerations. f. Group skills and teamwork. g. Cool down. 	<p>Verbal</p> <p>Demonstration</p> <p>Practical</p>
10 min	<p>End of Lesson Admin:</p> <ul style="list-style-type: none"> a. The participants should be actively involved with the returning, cleaning and storage of equipment so far as is practicably possible. 	<p>Verbal</p> <p>Demonstration</p> <p>Practical</p>
10 min	<p>Lesson review:</p> <ul style="list-style-type: none"> a. A training review should be carried out at the end of the Lesson to confirm that the participants have assimilated the information. b. Provide an opportunity to clarify any questions and discuss the benefits of participating in the activity from both an individual and team prospective. c. Advise participants on the next stage of their AT development. 	<p>Verbal</p>

Test

5. **Instructor qualification.** The assessment must be conducted by suitably current and qualified instructors in accordance with AC 71849 - ACS AT Manual.
6. **Pre-requisites.** Complete 1-Star Adventurous Training Lessons.
7. **Reference documents.** All reference documents are hosted on the Cadet Resource Centre.
8. **Contents.** The assessment must be conducted informally and continuous throughout the training period in accordance with the A Spec. The assessment consists of two parts, the cadet is considered to have successfully passed if they can safely fulfil all the requirements of Part One and Part Two sub-para a.

Ser	Item
1	<p>Part One. A practical and ongoing assessment conducted throughout the Lesson to ensure the cadet has assimilated the skills required to participate in the activity safely in accordance with NGB guidelines, Army Cadet policy and current best practice.</p> <p>a. Demonstrate the use of appropriate clothing and correct fitting of personal protective equipment (PPE).</p> <p>b. Understand the risks involved with the activity and implement the appropriate safety processes.</p> <p>c. Demonstrate introductory practical skills, enabling the cadet to safely participate in the activity as an individual or as part of a team under supervision.</p>
2	<p>Part Two. This part of the assessment can be carried out in many differing styles to suit the participant (verbal / written / individual / team). It should be carried out as part of the Lesson review or as soon as possible afterwards.</p> <p>a. Understand the process to summons emergency help.</p> <p>b. Explain how the Lesson developed the participant's understanding of and ability to work in a team.</p> <p>c. Explain how a new skill learnt during the Lesson could be transferred to another part Cadet Force life.</p>

9. **Pass mark.** The cadet is considered to have successfully passed if they can safely fulfil all the requirements of Part One and Part Two sub-para a.

10. **Retest policy.** If the cadet does not pass and receives a 'refer', they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

11. **Westminster recording.** The awarding module on Westminster is "ACS 1-Star Adventurous Training". This can be awarded by units.

2-Star - Adventurous Training

Training

1. **Introduction.** The Two Star Adventurous Training syllabus is elective and designed to expose the cadet to multiple activities ideally in a residential setting. It should consist of a minimum of 12 hours practical activity supported by informative presentations and could be delivered as an AT specific weekend or as part of a larger residential training package.
2. **Instructor qualification.** Activities must be conducted by current and suitably qualified instructors in accordance with AC 71849 - ACS AT Manual.
3. **Pre-requisites.** It is mandated that the cadet must have completed Basic and One Star. Revision of Basic and One Star Training should be completed to ensure the cadet has the underpinning knowledge in place to continue with their development.
4. **Reference documents.** All reference documents are hosted on the Cadet Resource Centre.

The following table provides the lessons for Two Star – Adventurous Training:

Ser	Description	Resource	Timings
1	2-day Multi Activity AT Package; equipment, environment and participation.	Lesson 3	16 hours

Time	Content Summary	Delivery Method
150 mins	<p>Introductory Activity:</p> <ul style="list-style-type: none"> a. The cadet must be introduced to two or more activities during the training period. b. An overview of the activities, their origins, differing disciplines and technical grading schemes etc. c. Understand the effects that AT can have on the environment and how to minimise the impact. d. Develop a greater understanding of the weather, where to obtain information and how to use a forecast. e. Introduce the logbook process, its importance and the differing ways of recording AT experience. f. Understand how Army Cadet Values and Standards are developed and demonstrated through AT. 	<p>Verbal</p> <p>Practical</p> <p>Presentation</p> <p>Video</p>
45 min	<p>Environment:</p> <ul style="list-style-type: none"> a. The cadets should be taught how to practically apply processes to lessen their impact on the environment. b. Understand how the weather can affect the safe conduct of activities and the selection of training venues. c. Have a basic understanding of the access agreements required for the environment where the activities are taking place. 	<p>Practical</p> <p>Verbal</p>

Time	Content Summary	Delivery Method
30 min	<p>Equipment: Participants should be introduced to the equipment required to conduct the activities safely.</p> <ul style="list-style-type: none"> a. Serviceability checks. b. Suitability, correct usage and fitting. c. Maintenance. d. Use of appropriate Manual handling e. Equipment storage. 	<p>Practical</p> <p>Verbal</p>
12 hours	<p>Participation: The cadets should participate in two or more practical activities.</p> <ul style="list-style-type: none"> a. Boundaries and emergency procedures. b. Warm up. c. Develop basic personal practical skills required to safely partake in two activities under supervision. d. Communications. e. Safety considerations. f. Group skills and teamwork. g. Cool down. 	<p>Practical</p> <p>Verbal</p>
40 min	<p>End of Lesson Admin:</p> <ul style="list-style-type: none"> a. The participants should be actively involved with the returning, cleaning and storage of equipment so far as is practically possible. 	<p>Verbal</p> <p>Demonstration</p> <p>Practical</p>
20 min	<p>Lesson review:</p> <ul style="list-style-type: none"> a. A training review should be carried out at the end of the Lesson to confirm that the participants have assimilated the information. b. Provide an opportunity to clarify any questions, discuss where skills could be transferred and how our Values and Standards have been applied. c. Advise participants on the next stage of their AT development. 	<p>Verbal</p>

Test

5. **Instructor qualification.** The assessment must be conducted by suitably current and qualified instructors in accordance with AC 71849 - ACS AT Manual.
6. **Pre-requisites.** Complete 2-Star Adventurous Training Lessons.
7. **Reference documents.** All reference documents are hosted on the Cadet Resource Centre.
8. **Contents.** The assessment must be conducted informally and continuous throughout the training period in accordance with the A Spec. The assessment consists of two parts, the cadet is considered to have successfully passed if they can safely fulfil all the requirements of Part One and Part Two sub-para a.

Ser	Item
1	<p>Part One. A practical and ongoing assessment conducted throughout the practical training periods to ensure the cadet has assimilated the skills required to participate in the activity safely in accordance with NGB guidelines, Army Cadet policy and current best practice.</p> <p>a. Demonstrate the use of appropriate clothing and correct fitting of personal protective equipment (PPE).</p> <p>b. Understand the risks involved with the activity and implement the appropriate safety processes.</p> <p>c. Gained the required basic skills to enable safe participation in multiple activities as an individual or as part of a team under supervision.</p> <p>d. Have an environmental awareness and apply simple procedures to lessen the impact on the terrain, wildlife, flora and fauna.</p>
2	<p>Part Two. This part of the assessment can be carried out in many differing styles to suit the participant (verbal / written / individual / team). It should be carried out as part of the Lesson review or as soon as possible afterwards.</p> <p>a. Demonstrate an understanding of local access agreements and arrangements including where to find the information on access.</p> <p>b. Understand the importance of creating a logbook and the various methods that are available for recording AT experience (paper / digital / online).</p> <p>c. Understand how the personal skills learnt during an activity can be transferred into other areas of Army Cadet training.</p> <p>d. The Cadet must identify where they applied Army Cadet Values and Standards during the activities and the effects this had on the situation.</p>

9. **Pass mark.** The cadet is considered to have successfully passed if they can safely fulfil all the requirements of Part One and Part Two sub-para a.

10. **Retest policy.** If the cadet does not pass and receives a 'refer', they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

11. **Westminster recording.** The awarding module on Westminster is "ACS 2-Star Adventurous Training". This can be awarded by units.

3-Star - Adventurous Training

Training

1. **Introduction:** The Three Star AT syllabus is elective and designed to develop the cadet's personal skills in a single activity building on the skills already previously taught. This should include a minimum of 12 hours practical activity, contain a journeying element and ideally be delivered in a residential setting as a stand-alone activity or as part of a larger training event.
2. Where possible the cadet should be involved with all stages of the training event. The Cadet Forces Values and Standards and Leadership code should form a theme running through the whole training event.
3. **Instructor qualification.** Activities must be conducted by current and suitably qualified instructors in accordance with AC 71849 - ACS AT Manual.
4. **Pre-requisites.** Cadets must have completed Basic and One Star. It is recommended that the cadet has completed Two Star, but this is not compulsory. Revision of all previous Star Awards should be completed to ensure the cadet has the underpinning knowledge in place to continue with their development.
5. **Reference documents.** All reference documents are hosted on the relevant Cadet Resource Centre.

The following table provides the lessons for Three Star – Adventurous Training:

Ser	Description	Resource	Timings
1	2 day (16 hour) progressive single activity AT package.	Lesson 4	16 hours

Time	Content Summary	Delivery Method
120 min	<p>Introductory Activity: The cadet must select a single activity to allow further development of their practical skills and understanding.</p> <p>a. The cadet should, where possible, be involved with the planning and delivery (not instruction) of a Lesson to revise previously taught skills.</p> <p>b. Develop a deeper understanding of the background of the chosen activity, its origins, NGB, technical grading and local provision.</p> <p>c. Understand the CCAT training courses framework and the wider NGB schemes.</p> <p>d. Understand AT activity inherent risks and the control measures that are applied to conduct the activity safely.</p> <p>e. Understand how AT can develop leadership skills and how to apply them in the activity specific environment.</p>	<p>Verbal</p> <p>Practical</p> <p>Presentation</p> <p>Video</p>
45 min	<p>Environment:</p> <p>a. The cadets should be introduced to relevant local and national environmental schemes and activity specific supporting organisations.</p> <p>b. Understand national access agreements and arrangements including where to find the information.</p>	<p>Practical</p> <p>Verbal</p>

Time	Content Summary	Delivery Method
60 min	<p>Equipment: Participant should develop their understanding of the wide range of activity specific equipment.</p> <ul style="list-style-type: none"> a. Serviceability checks. b. Suitability, correct usage and fitting. c. Maintenance and PPE requirements. d. Use of appropriate Manual handling. e. Equipment storage. 	<p>Practical</p> <p>Verbal</p>
12 hours	<p>Participation: The cadets should participate in one specific activity:</p> <ul style="list-style-type: none"> a. Boundaries and emergency procedures. b. Warm up. c. Develop intermediate personal practical skills required to safely partake in a specific activity under supervision. d. Communications. e. Safety considerations. f. Group skills and teamwork. g. Teamwork and leadership. h. Cool down. 	<p>Practical</p> <p>Verbal</p>
40 min	<p>End of Lesson Admin:</p> <p>The participants should be actively involved with the returning, cleaning and storage of equipment so far as is practically possible.</p>	<p>Verbal</p> <p>Demonstration</p> <p>Practical</p>
30 min	<p>Lesson review:</p> <ul style="list-style-type: none"> a. A training review should be carried out at the end of the Lesson to confirm that the participants have assimilated the information. b. Provide an opportunity to clarify any questions and discuss personal performance. c. Discuss the Cadet Force leadership code and how it was applied to the AT activity and reflect on how this improved performance. c. Advise participants on the next stage of their AT development. 	<p>Verbal</p>

Test

6. **Instructor qualification.** The assessment must be conducted by suitably current and qualified instructors in accordance with AC 71849 - ACS AT Manual.
7. **Pre-requisites.** Complete 3-Star Adventurous Training Lessons.
8. **Reference documents.** All reference documents are hosted on the cadet resource centre.

9. **Contents.** The assessment must be conducted informally and continuous throughout the training period in accordance with the A Spec. The assessment consists of two parts, the cadet is considered to have successfully passed if they can safely fulfil all the requirements of part one and section A and B of part two.

Ser	Item
1	<p>Part One. A practical and ongoing assessment conducted throughout the practical training periods to ensure the cadet has assimilated the skills required to participate in the activity safely in accordance with NGB guidelines, Army Cadet policy and current best practice.</p> <p>a. Select and demonstrate the use of appropriate clothing and correct fitting of personal protective equipment (PPE).</p> <p>b. Identify the inherent risks involved with the activity and implement appropriate safety processes.</p> <p>c. Gain the required intermediate skills to enable maximum safe participation in a single activity as an individual or as part of a team under supervision.</p> <p>d. Demonstrate a knowledge of the Cadet Force leadership code and apply it to the activity appropriately.</p>
2	<p>Part Two. This part of the assessment can be carried out in many differing styles to suit the participant (verbal / written / individual / team). It should be carried out as part of the Lesson review or as soon as possible afterwards.</p> <p>a. Demonstrate an understanding of national access agreements and arrangements including where to find the information on access.</p> <p>b. Demonstrate a knowledge of the national schemes in place to support activity specific access and conservation issues.</p> <p>c. Demonstrate how the leadership skills applied during the activity can be transferred into other areas of Army Cadet training.</p> <p>d. The cadet must identify where they applied the Army Cadet Values and Standards during the activities and the effects this had on the situation.</p>

10. **Pass mark.** The cadet is considered to have successfully passed if they can safely fulfil all the requirements of Part One and Part Two sub-para a.

11. **Retest policy.** If the cadet does not pass and receives a 'refer', they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

12. **Westminster recording.** The awarding module on Westminster "ACS 3-Star Adventurous Training". This can be awarded by units.

4-Star - Adventurous Training

Training

1. **Introduction:** The Four-Star Adventurous Training syllabus is elective and designed to further develop the cadet's personal skills in a single activity building on the skills already previously taught. This can be achieved by successfully completing a 5-day residential CCAT course, the RCAC Exchange - Ex Rocky Mountain, the National Army Cadets AT Expedition or by unit lead expeditions conducted either in the UK or overseas.
2. At this level the activity must be residential and contain journeying elements. The emphasis should be firmly placed on moving the cadet towards independence, instilling the skills and knowledge required to participate safely in an activity as part of a mentored group of equals outside of the Cadet Forces through local clubs and groups.
3. **Instructor qualification.** Activities must be conducted by current and suitably qualified instructors in accordance with AC 71849 - ACS AT Manual.
4. **Pre-requisites.** It is recommended that the cadet has completed all prior Star awards, but this is not compulsory. Revision of all previously taught subject knowledge should be completed to ensure the cadet has the underpinning expertise to continue with their development.
5. **Reference documents.** All reference documents are hosted on the Cadet Resource Centre.

The following table provides the lessons for Four Star – Adventurous Training:

Ser	Description	Resource	Timings
1	5-day progressive single activity AT package.	Lesson 5	38.5 hours

Time	Content Summary	Delivery Method
120 min	<p>Introductory Activity: The cadet should continue to develop in their chosen activity.</p> <p>a. The cadet should, where possible, be involved with the planning and delivery (not instruction) of a Lesson to revise previously taught skills.</p> <p>b. Develop a wider knowledge of AT provisions locally to enable further development.</p> <p>c. Understand the activity specific NGB instructor pathway and how this can be accessed.</p>	<p>Verbal</p> <p>Practical</p> <p>Presentation</p> <p>Video</p>
60 min	<p>Environment:</p> <p>a. Understand how to obtain essential current environmental, safety and access information.</p> <p>b. Understand local provision for emergency help and how this should be summoned (UK, Europe and worldwide).</p> <p>c. How to obtain local weather information and apply when planning daily activities.</p>	<p>Practical</p> <p>Verbal</p>

Time	Content Summary	Delivery Method
60 min	<p>Equipment: Participants should develop their understanding enabling them to select suitable activity specific equipment:</p> <ul style="list-style-type: none"> a. Serviceability checks. b. Suitability, correct usage and fitting. c. Maintenance. d. PPE requirements and life span. d. Use of appropriate Manual handling. e. Equipment storage. f. Assist with the selection and management of group equipment. g. Additional group safety equipment consideration. 	<p>Practical</p> <p>Verbal</p>
30 hours	<p>Participation: The cadets should participate in one specific activity gaining the knowledge to participate as part of a mentored group:</p> <ul style="list-style-type: none"> a. Boundaries and emergency procedures. b. Warm up. c. Develop intermediate personal practical skills required to safely partake in a specific activity under supervision. d. Communications. e. Safety considerations. f. Group skills and teamwork. g. Teamwork and leadership. h. Cool down. 	<p>Practical</p> <p>Verbal</p>
120 min	<p>End of Lesson Admin:</p> <ul style="list-style-type: none"> a. The participants should be actively involved with the returning, cleaning and storage of equipment so far as is practically possible. 	<p>Verbal</p> <p>Demonstration</p> <p>Practical</p>
150 min	<p>Lesson review:</p> <ul style="list-style-type: none"> a. A training review should be carried out at the end of the Lesson to confirm that the participants have assimilated the information. b. Provide an opportunity to clarify any questions and discuss personal performance. c. The cadet should understand the importance of structuring a Lesson that is safe, considering the environmental conditions and considering the requirements and ability of the participants. d. Advise participants on the next stage of their AT development. 	<p>Verbal</p>

Test

6. **Instructor qualification.** All The assessment must be conducted by current and suitably qualified instructors in accordance with AC 71849 - ACS AT Manual.
7. **Pre-requisites.** Complete 4-Star Adventurous Training Lessons.
8. **Reference documents.** All reference documents are hosted on the Cadet Resource Centre.
9. **Contents:** If the cadet opts to attend a CCAT course, the RCAC Ex Rocky Mountain or the National Army Cadet expedition, they must successfully complete all phases of the course / expedition. They are then by certification deemed to be safe and competent to operate as part of a mentored team within the limits of their personal experience.
10. If the training is done as part of a unit lead expedition, a suitably qualified instructor in accordance with AC71849 – ACS AT Manual should assess the cadet to ensure they have the required all round skills to safely operate within their logbook experience as part of a mentored team in a wider AT environment.

Ser	Item
1	<p>Careful consideration must be given to ensure the cadet has the practical skills, understanding, judgement and experience to safely operate in a mentored manner.</p> <ul style="list-style-type: none"> a. Personal Logbook experience. b. Understand safety and emergency procedures. c. Have access to safe, serviceable equipment. d. Understand access regulations and conservation issues. e. Show situational awareness and good judgement. f. Manage and mitigate against risk. g. Have access to local guidance and further development through local clubs or groups. h. Have a high standard of practical skills. i. Understand the personal risks involved and responsibilities of operating as equals when not under the direct supervision of a suitably qualified instructor.

11. **Pass mark.** The cadet must successfully complete all phases of the course / expedition.
12. **Retest policy.** If the cadet does not pass and receives a 'refer', they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.
13. **Westminster recording.** The awarding module on Westminster is "ACS 4-Star Adventurous Training" This can be awarded by units. CCAT and RCAC results are uploaded directly to Westminster by the course provider.

Section 10

KEEPING ACTIVE

General

1. Keeping Active supports cadets in gaining the very best from the 'Cadet Experience'. Being active has both physical and mental benefits. It improves your fitness and makes you stronger. Physical exercise has a positive repercussion on leadership skills because it drives firm behaviours that support the Army Cadets Values and Standards. Equally, it increases stamina and the resilience that is naturally built into all activities within the Army Cadet Syllabus.

Basic – Keeping Active

Training

1. **Introduction.** The Keeping Active Syllabus is designed to promote physical and mental wellbeing education on a healthy lifestyle and the promotion of physical activity.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Nil.
4. **Reference documents.** AC 72154 – The Army Cadets Keeping Active Training Manual.

The following table provides the lessons for Basic – Keeping Active:

Ser	Description	Resource	Timings
1	Introduction to keeping active and the importance of diet and hydration.	Section 2 and 3	40 min
2	How to warm up and cool down.	Lesson 4	40 min

Test

5. **Introduction.** There is no assessment at Basic level.
6. **Westminster recording.** On successful completion of the above lessons the following qualification should be awarded “ACS Basic Keeping Active”.

1-Star to 3-Star – Keeping Active

Training

1. **Introduction.** The 1-Star to 3-Star Keeping Active Syllabus is the same content at each level with progressively more challenging pass standards. It is designed to encourage regular exercise in cadets in order to promote a healthy lifestyle.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Basic Keeping Active.
4. **Reference documents.** AC 72154 – The Army Cadets Keeping Active Training Manual.

Test

5. **Introduction.** To complete Keeping Active a certain amount of points may be obtained in two ways. The amount of points differs at each Star level and is detailed below.
6. **Scoring.** Points may be obtained in two ways:
 - a. **Participation Points:** A cadet obtains 2 points for each half an hour of physical activity that they carry out. This may either be:
 - (1) Organised Physical Training Activity as part of Army Cadets conducted in line with AC 72154 – The Army Cadets Keeping Active Training Manual.
 - (2) Organised sports events as part of Army Cadets conducted in line with the Sport Competition Manual.
 - (3) Physical activity conducted in their own time where the parent or guardian is responsible for them.
 - b. **Bonus Points:** If conducting Physical Training as part of Army Cadet Activity the cadet can achieve additional bonus points as follows:
 - (1) 1 Point for improving on their score from the previous Lesson (if it is their first Lesson, they cannot receive this bonus point).
 - (2) Achieving the highest score out of the cadets present at that Lesson.
7. **Pass mark.** The cadet must score the number of points detailed below to pass:

Star Grade	Pass Mark
1-Star	22
2-Star	27
3-Star	32

8. **Retest policy.** There is no retest policy as it is not possible for a cadet to fail, as long as they keep carrying out Physical Activity, they will reach the pass mark. Even if a cadet cannot complete one of the exercises their continued participation will still be good for their welfare and they will receive marks for participating.
9. **Cadet Portal recording.** Cadets are to record all of their physical activity on the Cadet Portal using the Logbook.
10. **Westminster recording.** On successful completion the appropriate qualification should be awarded from, "ACS 1-Star Keeping Active," "ACS 2-Star Keeping Active," and "ACS 3-Star Keeping Active,".

Section 11

COMMUNITY ENGAGEMENT

General

1. A cadet should understand that as a member of the Army Cadets, they are encouraged to support community activities. Helping and supporting others brings lots of opportunity for everyone. It builds personal character and learning from others supports our Values and Standards - Respect to Others.
2. In many communities, Army Cadets are the only uniformed individuals the public will see supporting the local area. This provides a greater view of the Armed Forces Community and promotes the Army Cadets charter:

"Its aim is to inspire young people to achieve success in life with a spirit of service to the Queen, their Country and their local community, and to develop in them the qualities of a good citizen"

Basic - Community Engagement

Training

1. **Introduction.** Basic level training is designed to introduce the cadet to the community engagement syllabus and to their local emergency services.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Nil.
4. **Reference documents.** AC 72145 – Army Cadets Community Engagement Training Manual.

The following table provides the lessons for Basic – Community Engagement:

Ser	Description	Resource	Timings
1	Introduction to Community Engagement.	Lesson 1	40 min
2	Emergency Services.	Lesson 2	80 min

Test

5. **Introduction.** Basic Community Engagement Test must be completed upon completion of the training, the tests may consist of one summative assessment on completion of all lessons, or separate assessments may be conducted at the end of each lesson, using the criteria below.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete Basic Community Engagement Training.
8. **Reference documents.** AC 72145 – Army Cadets Community Engagement Training Manual.
9. **Contents.** Questions may be taken from the quiz templates on the Cadet Resource Centre or created locally but the test must contain the following elements:

Ser	Description	Marking
1	Three questions on the value of citizenship and the Community Engagement syllabus.	2 point per correct answer
2	Two questions on the types of emergency services, their roles and responsibilities in an emergency situation and the benefits of emergency service co-operation.	2 point per correct answer

10. **Pass mark.** The cadet must score five or more points to pass.

Ser	Description	Pass Mark
1	Introduction to Community Engagement.	3
2	Emergency Services.	2

11. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

12. **Westminster recording.** On successful completion the following qualification should be awarded “ACS Basic Community Engagement”.

1-Star - Community Engagement

Training

1. **Introduction.** 1 Star Community Engagement is designed to develop cadets as individuals and as members of the Army Cadets through understanding their communities.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Complete Basic Community Engagement.
4. **Reference documents.** AC 72145 – Army Cadets Community Engagement Training Manual.

The following table provides the lessons for One Star – Community Engagement:

Ser	Description	Resource	Timings
1	Community Diversity.	Lesson 3	40 min
2	Domestic Tasks.	Lesson 4	40 min
3	Introduction to Volunteering.	Lesson 5	40 min

Test

5. **Introduction.** The 1-Star Community Engagement tests may consist of one summative assessment on completion of all lessons, or separate assessments may be conducted at the end of each lesson, using the criteria below.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete 1-Star Community Engagement training.
8. **Reference documents.** AC 72145 – Army Cadets Community Engagement Training Manual.
9. **Contents:** Community engagement test is split into 3 parts:
 - a. Part 1 – Community Diversity Quiz.
 - b. Part 2 – Domestic Tasks.
 - c. Part 3 – Introduction to Volunteering.
10. Each part must be passed to pass the test as a whole and the three parts may be taken in any order.

11. Questions may be taken from the quiz templates on the Cadet Resource Centre or created locally, practical elements are listed below:

Ser	Description	Marking
1	Community Diversity Quiz:	HPS 10
2	Domestic Tasks: The cadet is to complete three simple domestic tasks around the unit or during a cadet overnight activity. These tasks can include the following; Sweeping the drill hall or surrounding areas. Emptying rubbish bins. Organising notice boards. Wiping down tables. Washing up cups. Mopping floors. Litter picking. Clean wipe boards. Hoover areas. Dust classrooms. Make their beds. Tidy / Organise the stores. Tidy / Organise the training aids / resources etc, as appropriate within H&S regulations and the cadet's physical ability.	All tasks should be supervised by a CFAV, at all times.
3	Introduction to Volunteering: The cadet is to participate in a community-based activity. Once the activity has taken place, the cadet is to participate in a group discussion, where they will reflect upon their involvement within the activity and how it has supported their community. If the cadet is unable to attend the group discussion, this can be a discussion with the instructor.	

12. **Pass mark.** The cadet must score 50% or more of the HPS to pass the quiz and complete all other tasks.

Ser	Description	HPS	Pass
1	Community Diversity Quiz.	10	5
2	Domestic Tasks.	Complete three tasks	
3	Introduction to Volunteering.	Participate in an event and group discussion.	

13. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

14. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 1-Star Community Engagement".

2-Star - Community Engagement

Training

1. **Introduction.** 2-Star training is designed to further develop the cadet's understanding of community engagement through enhanced volunteer work and the preparation of an emergency plan centred on the cadet's locale.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Complete 1-Star Community Engagement.
4. **Reference documents.** AC 72145 – Army Cadets Community Engagement Training Manual.

The following table provides the lessons for Two Star – Community Engagement:

Ser	Description	Resource	Timings
1	Practical Activity.	Practical Activity 1	
2	Understanding Emergencies.	Lesson 6	40 min
3	Prepare a Street Plan.	Lesson 6a	40 min

Test

5. **Introduction.** The 2-Star Community Engagement tests may consist of one summative assessment on completion of all lessons, or separate assessments may be conducted at the end of each lesson, using the criteria below.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete 1-Star Community Engagement training.
8. **Reference documents.** AC 72145 – Army Cadets Community Engagement Training Manual.
9. **Contents:** There are three parts to the community engagement assessment:
 - a. Part 1 – Practical Activity.
 - b. Part 2 – Understanding emergencies quiz.
 - c. Part 3 – Prepare a street plan.
 - (1) Each part must be passed to pass the test as a whole.
 - (2) The three parts may be taken in any order.
10. Questions may be taken from the quiz templates on the Cadet Resource Centre or created locally, practical elements are listed below:

Ser	Description	Marking
1	Practical Activity 1: Cadets are to assist with two functions or more, or, community engagement activities in the local area as a member of a group during the period of their 2-Star training.	Via continuous assessment throughout the activities.
2	Understanding emergencies quiz.	HPS 6
	Give examples of two different emergencies that could affect you or your community.	2 points
	For each example, identify two emergency services who would respond and briefly describe how they would help.	4 points
3	Prepare a street plan: Prepare a street plan and mark the locations of all services in the area. This can be produced electronically, or the cadet can draw a street plan. The plan should include details of the nearest items in relation to their home: <ul style="list-style-type: none"> • Police Station. • Ambulance Station. • Defibrillator. • A&E / Hospital. • Fire Station. • Other key features, that are relevant. 	Cadet demonstrates competency by identifying the nearest services in accordance with the list to the left.

11. **Pass mark.** The cadet must score 50% or more of the HPS to pass the quiz and complete all other tasks.

Ser	Description	HPS	Pass
1	Practical Activity 1.	Via continuous assessment.	
2	Understanding Emergencies Quiz.	6	3
3	Prepare a Street Plan.	Plan shows the following critical services: Police Station, Ambulance Station, A&E / Hospital, Fire Station	

12. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

13. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 2 Star Community Engagement".

3-Star - Community Engagement

Training

1. **Introduction.** 3-Star Community Engagement is designed to give the cadet a wider understanding of volunteering within the community and to give the opportunity to take part in organising a community volunteering activity.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Complete 2-Star Community Engagement.
4. **Reference documents.** AC 72145 – Army Cadets Community Engagement Training Manual.

The following table provides the lessons for Three Star – Community Engagement:

Ser	Description	Resource	Timings
1	Planning Volunteering.	Lesson 7	40 min
2	Risks of Volunteering.	Lesson 8	40 min
3	Practical Activity.	Practical Activity 2	15 hours over a 6-month period

Test

5. **Introduction.** The 3-Star Community Engagement tests may consist of one summative assessment on completion of all lessons, or separate assessments may be conducted at the end of each lesson, using the criteria below.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete 3 Star Community Engagement training.
8. **Reference documents.** AC 72145 – Army Cadets Community Engagement Training Manual.
9. **Contents:** There are three parts to the community engagement assessment:
 - a. Part 1 – Risks of volunteering quiz.
 - b. Part 2 – Planning volunteering.
 - c. Part 3 – Practical volunteering.
10. Each part must be passed to pass the test as a whole and the three parts may be taken in any order.

Ser	Description	Marking
1	Risks of Volunteering quiz:	HPS 14
	Name one responsibility you have as a volunteer.	1 point
	Identify five risks and a control measure for each.	1 per risk and 1 per correct control measure.
	Name three organisations that offer support to volunteers.	1 point for each (max 3)
2	Planning Volunteering: The cadet is to create a volunteer plan, which covers the following: <ul style="list-style-type: none"> Identifying a need. Planning what action to take? Act - how will the activity take place?	Cadet plan must identify a need, actions to be taken and a description of how the activity will take place.
3	Practical Activity 2: <ul style="list-style-type: none"> The cadet is to organise and take part in a minimum of 15 hours practical volunteering within a six-month period. Post activity, the cadet is to reflect - review the activity and their participation and give examples of new skills acquired. A reflective journal template is available of the Cadet Resource Centre to assist.	<ul style="list-style-type: none"> Has the cadet demonstrated that they actively engaged with their volunteering activity? Can the cadet show that they have learned or developed any skills? Can the cadet describe how they have grown as a person through their volunteering experience? Can the cadet identify how the community or individual(s) has benefitted from their volunteer work?

11. **Pass mark.** The cadet must score 50% or more of the HPS to pass the quiz and complete all other tasks.

Ser	Description	HPS	Pass
1	Understanding Emergencies Quiz.	14	7
2	Planning Volunteering.	See table above	
3	Practical Activity 2	See table above	

12. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

13. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 3-Star Community Engagement".

4-Star - Community Engagement

Training

1. **Introduction.** At 4-Star level, the cadet is expected to be capable of planning, organising and leading a community-based engagement project. As such, there are no new lessons or training to deliver; there is an opportunity to revise and remind using the resources provided. Mentoring in the planning and execution of the project is key as is reflection during and on completion.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** Complete 3-Star Community Engagement.
4. **Reference documents.** AC 72145 – Army Cadets Community Engagement Training Manual.

The following table provides the lessons for Four Star – Community Engagement:

Ser	Description	Resource	Timings
1	Preparation for practical activity.	Resources held on the Cadet Resource centre; this is not an official lesson from the manual and serves as a revision period.	40 min
2	Practical Activity.	Practical Activity 3	

Test

5. **Introduction.** The 4-Star Community Engagement test consists of the planning and execution of a practical activity followed by a presentation delivered by the cadet after reflection.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites.** Complete 4-Star Community Engagement training.
8. **Reference documents.** AC 72145 – Army Cadets Community Engagement Training Manual.

9. **Contents.**

Ser	Description	Marking
1	<p>Practical Community Engagement Activity:</p> <p>The Cadet is to plan, lead and organise a community-based activity over a 6-month period. The cadet should be supported with any of the Cadet Forces planning documents that are required for the activity to take place, e.g.</p> <ul style="list-style-type: none"> • Risk Assessments. • CASP etc. <p>The Cadet should be given sufficient time to be able to plan their activity within parade nights. The supervising CFAV should ensure the SST is in place before the community-based activity occurs.</p>	<p>The cadet is to be observed on the following, prior to and during the activity:</p> <ul style="list-style-type: none"> • Plan - Has the cadet created a plan for the conduct of the activity? • Conduct - Does the cadet lead the activity with support of the supervising CFAV? • Interaction - Does the cadet act in a mature manner whilst interacting with external agencies? <p>Close down - Does the Cadet take appropriate actions to clean up and pack away the area?</p>

10. **Pass mark.** An overall pass grade is awarded for demonstrating the required competencies in accordance with the above assessment criteria.

11. **Retest policy.** If the cadet does not meet the pass mark, they may be tested again immediately. If they fail two tests in a row, retraining should be carried out before another attempt.

12. **Westminster recording.** On successful completion the following qualification should be awarded "ACS 4-Star Community Engagement".

Section 12

COMMUNICATIONS INFORMATION SYSTEMS

General

1. This publication is to be used in the training of the following signals and cyber training:

- a. Basic CIS
- b. 1-Star CIS (+ PRR User)
- c. 2-Star CIS (Cadet Radio User)
- d. 3-Star CIS
- e. 4-Star CIS (Cadet Signaller)
- f. Cadet Advanced Radio*
- g. CyberFirst Adventurers
- h. CyberFirst Defenders*
- i. CyberFirst Advanced*

2. These qualifications are coordinated centrally by the Cadet CIS Training Team (CCISTT) and are not delivered or assessed at unit level.

3. Everyone involved in CIS in the Army Cadets should benefit from the information contained in this publication. It now contains a clear summary of all progressive cadet CIS training, and references to where the information for instruction can be found.

4. Cyber training follows the NCSC approved CyberFirst courses and is an optional element within the ACS. Cyber First Adventurers is aimed at the Basic – 1-Star level cadets and CyberFirst Defenders is an approved 4-Star level course.

Basic - Communications

Training

1. **Introduction.** This is the basic level introduction to infantry CIS within the army cadets. The cadet will be required to have knowledge of the NATO phonetic alphabet, 24-hour clock, date time groups (DTG) and history of military communications.
2. A Basic CIS cadet should be able to:
 - a. Use the NATO phonetic alphabet.
 - b. Use the 24-hour clock.
 - c. Have an understanding of Date Time Groups (DTG).
 - d. Have an appreciation of the history of early military communications
3. **Instructor qualification.** No specialist qualification is required.
4. **Pre-requisites.** Nil
5. **Reference documents.** AC72143 - Army Cadets CIS Training Manual, AC70816(C) Voice Procedure Manual.
6. **Contents.** It is suggested that no more than 3 periods of instruction are necessary to cover the above syllabus not including assessment.

The following table provides the lessons for Basic – CIS

Ser	Description	Timings
1	Phonetic Alphabet & Numbers.	40 min
2	DTG "Time Zones" & 24-Hour Clock.	40 min
3	History of early Military Comms.	40 min
4	Assessment.	40 min

Test

7. **Introduction.** Assessments for the theory elements are available centrally from the CCISTT with a pass mark of 50% across all sections. There are both paper and online assessment options.
8. **Instructor qualification.** No specialist qualification is required.
9. **Pre-requisites.** Complete Basic CIS training.
10. **Reference documents.** AC72143 - Army Cadets CIS Training Manual, AC70816(C) Voice Procedure Manual.

11. Contents.

Ser	Description	Timings
1	Phonetic Alphabet & Numbers.	40 min
2	DTG "Time Zones" & 24-Hour Clock.	40 min
3	History of early Military Comms.	40 min
4	Assessment.	40 min

12. Pass mark. Minimum of 50% across all serials.

13. Retest policy. Students failing an assessment will be allowed to re-sit the assessment. Only one re-sit of each assessment is allowed. Students failing a re-sit will fail the course. Re-assessment is to take place following a period of 15 minutes of the failed assessment. Students passing a re-assessment will be awarded the score for that assessment.

14. Westminster recording. On successful completion ACS CIS Basic will be awarded.

1-Star - Communications

Training

1. **Introduction.** This leads on from the Basic CIS and requires the cadet to have knowledge of communication security, security classifications, and the history of military communication systems. The cadet will be required to know how to assemble and operate a PRC 343 (PRR). It also covers an introduction to cyber and the CyberFirst scheme.
2. A 1-Star CIS Cadet should be able to:
 - a. Understand security classifications.
 - b. Be familiar with basic communication security (COMSEC).
 - c. Have an appreciation of the history of further military communications.
 - d. Be able to setup and use a PRC 343, Personal Role Radio (PRR).
 - e. Send a single message on a simple net.
 - f. Have an introduction to cyber.
3. **Instructor qualification.** Lessons 5 & 6 (marked with an *) must be conducted by a CFAV CIS Basic Instructor. No specialist qualification is required to instruct all lessons except 5 & 6.
4. **Pre-requisites** Complete Basic CIS.
5. **Reference documents.** AC72143 - Army Cadets CIS Training Manual, AC70816(C) Voice Procedure Manual.
6. **Contents.** It is suggested that no more than 7 periods of instruction are necessary to cover the above syllabus not including assessment.

Ser	Description	Timings
1	Security – COIL.	40 min
2	Security Classifications.	40 min
3	History of Military Comms.	40 min
4	Semaphore & Morse Code.	40 min
5	* PRR (Cadet).	40 min
6	* Basic Message & Simple Net.	40 min
7	Introduction to Cyber.	40 min
8	Practical and Assessment.	80 min

Test

7. **Introduction.** Assessments for the theory elements are available centrally from the CCISTT with a pass mark of 50% across all sections. There are both paper and online assessment options. Practical elements are to be continually assessed, practically throughout the training.

8. **Instructor qualification.** Lessons 5 & 6 must be assessed by a CFAV CIS Basic Instructor. No specialist qualification is required to assess all lessons except 5 & 6.
9. **Pre-requisites.** Complete 1-Star CIS training.
10. **Reference documents.** AC72143 - Army Cadets CIS Training Manual, AC70816(C) Voice Procedure Manual.
11. **Contents.** Until Sep 2023, lessons 5 & 6(denoted by an *) may be omitted for the award of 1-Star CIS.

Ser	Description	Timings
1	Security – COIL.	40 min
2	Security Classifications.	40 min
3	History of Military Comms.	40 min
4	Semaphore & Morse Code.	40 min
5	* PRR (Cadet).	40 min
6	* Basic Message & Simple Net.	40 min
7	Introduction to Cyber.	40 min
8	Practical and Assessment.	80 min

12. **Pass mark.** Minimum of 50% across all serials, with 100% for all safety elements within the practical training.
13. **Retest policy.** Students failing an assessment will be allowed to re-sit the assessment. Only one re-sit of each assessment is allowed. Students failing a re-sit will fail the course. Re-assessment is to take place following a period of 15 minutes of the failed assessment. Students passing a re-assessment will be awarded the score for that assessment.
14. **Westminster recording.** On successful completion of all lessons excluding 5 & 6 (marked without an *), the ACS 1 Star CIS qualification will be awarded. On successful completion of the additional lessons 5 & 6 (marked with an *), the PRR User qualification will be awarded in addition to 1-Star CIS.

2-Star - Communications

Training

1. **Introduction.** The cadet should have successfully completed 1-Star CIS and PRR User. The cadet will be required to know how to assemble and operate the PRC 710, and be able to send and receive simple messages using basic military voice procedure.
2. A 2-Star CIS cadet should be able to:
 - a. Set up, apply a frequency and use a PRC 710.
 - b. Establish communications on a radio net.
 - c. Send and receive simple voice messages accurately using a radio and correct military voice procedure.
3. **Instructor qualification.** CFAV Basic CIS Instructor.
4. **Pre-requisites.** 1-Star CIS & PRR User.
5. **Reference documents.** AC72143 - Army Cadets CIS Training Manual, AC70816(C) Voice Procedure Manual.
6. **Contents.** It is suggested that no more than 12 periods of instruction are necessary to cover the above syllabus not including assessment.

Ser	Description	Timings
1	Security & Callsigns.	40 min
2	Accuracy, Aids to Accuracy.	40 min
3	Discipline.	40 min
4	Basic Radio Net & Establishing Comms.	40 min
5	PRC 710 VHF Section.	40 min
6	PRC 710 VHF Section Practical.	40 min
7	No Play.	40 min
8	VP Exercise (Practical).	80 min
9	Calling & Answering.	40 min
10	Corrections & Repetitions.	40 min
11	Practical Exercise & Written Assessment (1).	120 min

Test

7. **Introduction.** Assessments for the theory elements are available centrally from the CCISTT with a pass mark of 50% across all sections. There are both paper and online assessment options. Practical elements are to be continually assessed, practically throughout the training.
8. **Instructor qualification.** CFAV Basic CIS Instructor.
9. **Pre-requisites.** Complete 2-Star CIS training.
10. **Reference documents** AC72143 - Army Cadets CIS Training Manual, AC70816(C) Voice Procedure Manual.

11. **Contents.**

Ser	Description	Timings
1	Security & Callsigns.	40 min
2	Accuracy, Aids to Accuracy.	40 min
3	Discipline.	40 min
4	Basic Radio Net & Establishing Comms.	40 min
5	PRC 710 VHF Section.	40 min
6	PRC 710 VHF Section Practical.	40 min
7	No Play.	40 min
8	VP Exercise (Practical).	80 min
9	Calling & Answering.	40 min
10	Corrections & Repetitions.	40 min
11	Practical Exercise & Written Assessment (1).	120 min

12. **Pass mark.** Assessments are available centrally from the CCISTT with a pass mark of 50% across all sections and 100% for all safety elements within the practical training.

13. **Retest policy.** Students failing an assessment will be allowed to re-sit the assessment. Only one re-sit of each assessment is allowed. Students failing a re-sit will fail the course. Re-assessment is to take place following a period of 15 minutes of the failed assessment. Students passing a re-assessment will be awarded the score for that assessment.

14. **Westminster recording.** On successful completion ACS 2-Star CIS will be awarded and a badge (RADIO) is awarded. The badge must be worn on the blanking plate.

3-Star - Communications

Training

1. **Introduction.** The cadet should have successfully completed 2-Star CIS. The cadet will be required to carry out basic field cable laying activities and will be required to assemble and operate the PRC 715 in the dismantled mode. A 3-Star CIS cadet will be an effective platoon level signaller with knowledge of VHF antennas and propagation.
2. A 3-Star CIS cadet should be able to:
 - a. Establish communications using field cable and telephones.
 - b. Understand the advantages and disadvantages of line compared to other communications systems.
 - c. Set up, apply a frequency and use a PRC 715.
 - d. Safely erect the 5.4m mast and understand the principles behind VHF Antennas and Propagation.
3. **Instructor qualification.** CFAV CIS Intermediate Instructor.
4. **Pre-requisites.** 2-Star CIS.
5. **Reference documents.** AC72143 - Army Cadets CIS Training Manual, AC70816(C) Voice Procedure Manual.
6. **Contents.** It is suggested that no more than 20 periods of instruction are necessary to cover the above syllabus, not including assessment.

Ser	Description	Timings
1	Introduction to Line (Advantages / Disadvantages) & Field Cables.	40 min
2	PTC 414 & Phone Circuit.	40 min
3	Field Cables & Jointing & Repacking.	40 min
4	Construction of the line including Knots.	40 min
5	Tasks of a Line Party.	40 min
6	Practical Line Exercise.	80 min
7	Aids to Security.	40 min
8	BATCO (Grid Ref only).	40 min
9	BATCO (Practical).	40 min
10	Relays & Time.	40 min
11	PRC 715, Description.	40 min
12	PRC 715, Operation.	40 min
13	Basic A&P (Surface & Space).	40 min
14	5.4m mast & GSA, Description.	40 min
15	5.4m mast & GSA, Practical.	80 min
16	Cancellations & Verifications.	40 min
17	Practical Exercise & Written Assessment (1).	120 min

Test

7. **Introduction.** Assessments for the theory elements are available centrally from the CCISTT with a pass mark of 50% across all sections. There are only online assessment available. Practical elements are to be continually assessed, practically throughout the training.

8. **Instructor qualification.** CFAV Intermediate Instructor.

9. **Pre-requisites.** Complete 3-Star CIS training.

10. **Reference documents.** AC72143 - Army Cadets CIS Training Manual, AC70816(C) Voice Procedure Manual.

11. **Contents:**

Ser	Description	Timings
1	Introduction to Line (Advantages / Disadvantages) & Field Cables.	40 min
2	PTC 414 & Phone Circuit.	40 min
3	Field Cables & Jointing & Repacking.	40 min
4	Construction of the line including Knots.	40 min
5	Tasks of a Line Party.	40 min
6	Practical Line Exercise.	80 min
7	Aids to Security.	40 min
8	BATCO (Grid Ref only).	40 min
9	BATCO (Practical).	40 min
10	Relays & Time.	40 min
11	PRC 715, Description.	40 min
12	PRC 715, Operation.	40 min
13	Basic A&P (Surface & Space).	40 min
14	5.4m mast & GSA, Description.	40 min
15	5.4m mast & GSA, Practical.	80 min
16	Cancellations & Verifications.	40 min
17	Practical Exercise & Written Assessment (1).	120 min

12. **Pass mark.** Assessments are available centrally from the CCISTT with a pass mark of 50% across all sections and 100% for all safety elements within the practical training.

13. **Retest policy.** Students failing an assessment will be allowed to re-sit the assessment. Only one re-sit of each assessment is allowed. Students failing a re-sit will fail the course. Re-assessment is to take place following a period of 15 minutes of the failed assessment. Students passing a re-assessment will be awarded the score for that assessment.

14. **Westminster recording.** On successful completion ACS 3-Star CIS will be awarded and a badge (LINE) is awarded, which supersedes the RADIO badge. The badge must be worn on the blanking plate.

4-Star - Communications

Training

1. **Introduction.** The cadet will be required to communicate effectively, accurately and securely using correct voice procedure, and authorised encryption methods. They will be competent at using the PRC 343, 710, 715 and PRC 720, and have a basic knowledge of antennas and propagation.
2. A Cadet Signaller should:
 - a. Be able to establish, maintain and control communications on a VHF radio net.
 - b. Be able to send and receive orders, reports and messages accurately and securely using correct military voice procedure.
 - c. Know and understand the need for Communication Security (COMSEC).
 - d. Understand the basic operation of the PRC 720, and HF radio nets.
 - e. Plan and prepare a cable route, including the crossing of obstacles.
 - f. Maintain and repair cable systems to ensure reliable communications.
 - g. Safely erect the 12m mast and understand the principles of HF Antennas and Propagation.
3. **Instructor qualification.** CIS Intermediate Instructor.
4. **Pre-requisites.** CIS 3-Star, although it is possible for both levels (3-Star & 4-Star) to be studied and assessed concurrently.
5. **Reference documents.** AC72143 - Army Cadets CIS Training Manual, AC70816(C) Voice Procedure Manual.
6. **Contents.** It is suggested that no more than 24 periods of instruction are necessary to cover the above syllabus, not including assessment.

Ser	Description	Timings
1	Advanced VP.	40 min
2	Cable Laying / Line Orders / Routing.	40 min
3	Calls to Specified Person / Long Message.	40 min
4	Crossings.	40 min
5	Teeing In, Testing, Fault Location.	40 min
6	Practical Line Exercise.	120 min
7	BATCO Spelling, Authentication.	40 min
8	BATCO Vocab Cards.	40 min
9	Directed Nets.	40 min
10	Delegating & Assuming Control.	40 min
11	VP / BATCO Exercise.	80 min
12	A&P Fundamentals (Freq, Wavelength).	40 min
13	A&P.	40 min
14	Comms Plan / Day Sheet.	40 min
15	Pathfinder HF, Description.	40 min
16	Pathfinder HF, Operation.	40 min
17	Clark PU 12 Description.	40 min
18	Clark PU 12 Practical.	80 min
19	Practical HF & A&P Exercise.	80 min
20	Practical Exercise & Written Assessment (1).	120 min

Test

7. **Introduction.** Assessments for the theory elements are available centrally from the CCISTT with a pass mark of 50% across all sections. There are only online assessment available. Practical elements are to be continually assessed, practically throughout the training.

8. **Instructor qualification.** CFAV CIS Advanced Instructor or CCISTT Instructors.

9. **Pre-requisites.** Complete 4-Star CIS training.

10. **Reference documents.** AC72143 - Army Cadets CIS Training Manual, AC70816(C) Voice Procedure Manual.

11. Contents:

Ser	Description	Timings
1	Advanced VP.	40 min
2	Cable Laying / Line Orders / Routing.	40 min
3	Calls to Specified Person / Long Message.	40 min
4	Crossings.	40 min
5	Teeing In, Testing, Fault Location.	40 min
6	Practical Line Exercise.	120 min
7	BATCO Spelling, Authentication.	40 min
8	BATCO Vocab Cards.	40 min
9	Directed Nets.	40 min
10	Delegating & Assuming Control.	40 min
11	VP / BATCO Exercise.	80 min
12	A&P Fundamentals (Freq, Wavelength).	40 min
13	A&P.	40 min
14	Comms Plan / Day Sheet.	40 min
15	Pathfinder HF, Description.	40 min
16	Pathfinder HF, Operation.	40 min
17	Clark PU 12 Description.	40 min
18	Clark PU 12 Practical.	80 min
19	Practical HF & A&P Exercise.	80 min
20	Practical Exercise & Written Assessment (1).	120 min

12. **Pass mark.** Assessments are available centrally from the CCISTT with a pass mark of 50% across all sections and 100% for all safety elements within the practical training.

13. **Retest policy.** Students failing an assessment will be allowed to re-sit the assessment. Only one re-sit of each assessment is allowed. Students failing a re-sit will fail the course. Re-assessment is to take place following a period of 15 minutes of the failed assessment. Students passing a re-assessment will be awarded the score for that assessment.

14. **Westminster recording.** On successful completion ACS 4-Star CIS will be awarded and a crossed flags badge is awarded, which supersedes the LINE badge. The badge must be worn on the blanking plate.

Section 13

MUSIC – PIPING AND DRUMMING

General

1. The Army Cadets ACS Piping and Drumming Syllabus lays down the Policy for Pipes and Drums training within the Army Cadets. The Syllabus has been developed by the National Training Team for Army Cadet Pipes and Drums and is laid out in order as per the Scottish Qualifications Authority syllabi for piping and drumming which also follows the same. While the information is broadly based on the Royal Scottish Pipe Band (RSPBA) curriculum for the elementary course, further information has been included to ensure that it meets the requirements of the SQA Syllabi for both piping and drumming as well as the Piping and Drumming Qualifications Board (PDQB) syllabi for bass and tenor.
2. The syllabus, which is in part progressive, teaches music theory and practical lessons from a basic level, up to being able to take part in various parades, displays and concerts. It also mirrors the syllabus requirements for the Scottish Qualifications Authority (SQA) and Piping and Drumming Qualifications Board (PDQB), allowing the cadets to achieve external qualifications at the same time as completing Star qualifications.

Basic – Music - Piping and Drumming

Training

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Test

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1-Star - Music - Piping and Drumming

Training

1. **Introduction.** One Star Piping and Drumming is designed to enable a new cadet to gain a basic understanding of music theory and practical requirements in line with the SCQF Level 2 qualifications for piping and snare drum and the PDQB Level 2 syllabus for bass and tenor drum. The cadet will also gain an understanding of the history of piping and drumming in the Cadets and the Army.
2. **Instructor qualification.** Instructors need to hold at minimum, the SCQF / PDQB Level 2 qualification for Piping and Drumming (or an equivalent) to deliver the 1-Star syllabus.
3. **Pre-requisites** Nil.
4. **Reference documents.** All training resources are to be taken from the Pipes and Drums folder of the Cadet Resource Centre.

The following table provides the lessons for One Star – Piping and Drumming:

Ser	Description	Timings	Delivery Method
1	Introduction: Aims of the course, the importance of being able to understand basic music theory, to understand the practical requirements for this level and to have a knowledge of the history of Music within the Army Cadets and Army.	5 min	
2	History of Piping and Drumming in the Army and Army Cadets: Explanation of when Piping and Drumming started in the Army and its history and the History of when Piping and Drumming came together at a National Level, including the structure of the National Training Team.	40 min	Information and Discussion lesson with Photographs.
3	Qualifications that can be achieved: This is part of the SQA / PDQB Induction process of which all Cadets and CFAV are required to receive before they can be assessed.	40 min	PowerPoint
4	Importance of Hearing Defence: Explanation of the importance of Hearing Health and the importance of Hearing Protection within Army Cadet Music.	40 min	PowerPoint / Video
5	Staff Notation.	40 min	PowerPoint / Handout
6	The Great Staff.	40 min	PowerPoint / Handout
7	Short Staff and Clef Signs.	40 min	PowerPoint / Handout
8	Duration of Sounds and Rests.	40 min	PowerPoint / Handout
9	Lengthening and Shortening of Notes and Rests.	40 min	PowerPoint / Handout

Ser	Description	Timings	Delivery Method
10	Bars and Bar Lines.	40 min	PowerPoint / Handout
11	The Scale (Bagpipes).	40 min	Exercise Sheet / Practical Lesson
	Counting Beats in Simple Time (Snare).		
	Counting Beats in Simple Time (Bass and Tenor).		
12	The Scale with G,D and E Gracenotes (Bagpipes).	40 min	Exercise Sheet / Practical Lesson
	Counting Beats in Compound Time (Snare).		
13	GDE Gracernote Groupings (Bagpipes).	40 min	Exercise Sheet / Practical Lesson
	Single Stroke Development to Semi Quaver (Snare).		
14	All Strikes (Bagpipes).	40 min	Exercise Sheet / Practical Lesson
	Paradiddles with and without accents (Snare).		
15	High A / Back Gracenotes (Bagpipes).	40 min	Exercise Sheet / Practical Lesson
	Play Triplets with Accents on 1 st , 2 nd and 3 rd note (Snare).		
16	Throw on D from Low A (Bagpipes).	40 min	Exercise Sheet / Practical Lesson
	Open and Closed Rolls (Snare).		
17	Doublings on High A, High G, F,E,D,C,B from Low A (Bagpipes).	40 min	Exercise Sheet / Practical Lesson
	Five Stroke Roll Exercises (Snare).		
18	Seven Stroke Roll Exercises (Snare).	40 min	Exercise Sheet / Practical Lesson
19	Nine Stroke Roll Exercises (Snare).	40 min	Exercise Sheet / Practical Lesson
20	Thirteen Stroke Roll Exercises (Snare).	40 min	Exercise Sheet / Practical Lesson
21	Music Selection for Practical Performance Assessment.	80 min	Practical Lesson
22	Monotone Exercises.	80 min	Practical
23	Instrument Maintenance.	40 min	Practical Lesson
24	Basic Band Drill / Marching to a Beat.	80 min	Practical Lesson
25	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the policies and guidelines laid out by the Scottish Qualifications Authority (SQA) and Piping and Drumming Qualifications Board (PDQB). All assessment must be conducted by a member of the National Training Team for Pipes and Drums as verified assessors for both the SQA and PDQB. No other personnel are permitted to conduct an assessment for Pipes and Drums.
6. **Instructor qualification.** Instructors need to hold at minimum, the SCQF / PDQB Level 2 qualification for Piping and Drumming (or an equivalent) to deliver the 1-Star syllabus.
7. **Pre-requisites.** Must have completed 1-Star Piping and Drumming Training.
8. **Reference documents.** All training resources are to be taken from the Pipes and Drums folder of the cadet resource centre.
9. **Contents.** As per the content table above.
10. **Pass Mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
11. **Retest policy.** There are no restrictions on assessment resits.
12. **Westminster recording.** The 1-Star Qualification will be awarded by the National Cadet Piping and Drumming Development Manager. The qualification on Westminster is 1-Star Pipes and Drums (Bagpipes), 1-Star Pipes and Drums (Highland Snare Drum) and 1-Star Pipes and Drums (Highland Bass and Tenor).

2-Star - Music - Piping and Drumming

Training

1. **Introduction.** The aim of this syllabus is to give cadets and CFAV an understanding of music theory in line with the SCQF Level 3 and 4 qualifications for piping and snare drum and the PDQB Level 3 and 4 syllabi for bass and tenor drum.
2. **Instructor qualification.** Instructors need to hold at minimum, the SCQF / PDQB Level 4 qualification for Piping and Drumming (or an equivalent) to deliver the 2-Star syllabus.
3. **Pre-requisites.** Basic Music Knowledge (1-Star Level). Revision of elements of 1-Star Music can be completed if needed but is not included in the syllabus.
4. **Reference documents.** All training resources are to be taken from the Pipes and Drums folder of the Cadet Resource Centre.

The following table provides the lessons for Two Star – Piping and Drumming:

Ser	Description	Timings	Delivery Method
1	Introduction: Aims of the course, the importance of being able to understand music theory and to understand the practical requirements for this level.	5 min	
2	Duration Values.	40 min	PowerPoint / Handout
3	Simple and Compound Time.	40 min	PowerPoint / Handout
4	Time Signatures.	40 min	PowerPoint / Handout
5	Note Components.	40 min	PowerPoint / Handout
6	Music Writing.	40 min	PowerPoint / Handout
7	Grouping Within Bars.	40 min	PowerPoint / Handout
8	Irregular Groups.	40 min	PowerPoint / Handout
9	Good Notation Practice.	40 min	PowerPoint / Handout
10	All Doublings from all notes on the scale (Bagpipes). Counting Irregular groups Triplet & Duplet (Snare). Count beats in Simple Time and compound time (Bass and Tenor).	40 min	Exercise Sheet / Handout
11	Throw on D from all notes on the scale (Bagpipes). Counting Simple Time (Snare). Count beats in simple - duple, triple and quadruple time (Bass and Tenor).	40 min	Exercise Sheet / Handout
12	All Grips (including grips with a B gracenote) (Bagpipes). Counting Compound Time (Snare). Triplets - Including Accent on the 1st Beat (Bass and Tenor).	40 min	Exercise Sheet / Handout

Ser	Description	Timings	Delivery Method
13	Birl and Birl with G Gracenote from all notes on the scale (Bagpipes).	40 min	Exercise Sheet / Handout
	Parradiddles, Accents 1st, 2nd, 3rd & 4th Beat (Snare).		
	Parradiddle without Accent (Bass and Tenor).		
14	Taorluaths to Low A from each note of the scale, including Taorluaths from D with B Gracenotes.	40 min	Exercise Sheet / Handout
	(Bagpipes).		
	Single Stroke Development (Snare).		
15	Counting Beats in Irregular Groups (Bass and Tenor).	40 min	Exercise Sheet / Handout
	Tachums (Bagpipes).		
	Single Stroke Exercises (Snare).		
16	Continuous development of the Triplet including accents (Bass and Tenor).	40 min	Exercise Sheet / Handout
	Triplets with accents on 2nd & 3rd Beat (Snare).		
	Single Stroke Development - up to demi semi quaver (Bass and Tenor).		
17	Long Roll Development (Snare).	40 min	Exercise Sheet / Handout
	Continuous development of the Paradiddle - with accent on 1st Beat (Bass and Tenor).		
18	4, 5, 6, 7, 8, 9, 10, 12 & 13 Stroke Roll Development (Snare).	80 min	Exercise Sheet / Handout
19	Flams Simple Time (Snare).	40 min	Exercise Sheet / Handout
	Visual Exercises (As per the Exercise sheet) (Bass and Tenor).		
20	Flams Compound Time (Snare).	40 min	Exercise Sheet / Handout
21	Drags Simple Time (Snare).	40 min	Exercise Sheet / Handout
22	Drags Compound Time (Snare).	40 min	Exercise Sheet / Handout
23	2 x 3 Pace Rolls (Snare).	40 min	Exercise Sheet / Handout
24	Music Selection for Practical Performance Assessment.	200 min	Practical Lesson
25	Instrument Maintenance.	80 min	Practical Lesson
26	Band Drill.	80 min	Practical Lesson
27	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the policies and guidelines laid out by the Scottish Qualifications Authority (SQA) and Piping and Drumming Qualifications Board (PDQB). All assessment must be conducted by a member of the National Training Team for Pipes and Drums as verified assessors for both the SQA and PDQB. No other personnel are permitted to conduct an assessment for Pipes and Drums.

6. **Instructor qualification.** Instructors need to hold at minimum, the SCQF / PDQB Level 4 qualification for Piping and Drumming (or an equivalent) to deliver the 2-Star syllabus.
7. **Pre-requisites.** Must have completed 2-Star Piping and Drumming Training.
8. **Reference documents.** All training resources are to be taken from the Pipes and Drums folder of the cadet resource centre.
9. **Contents.** As per the content table above.
10. **Pass Mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
11. **Retest policy.** There are no restrictions on assessment resits.
12. **Westminster recording.** The 2-Star Qualification will be awarded by the National Cadet Piping and Drumming Development Manager. The qualification on Westminster is 2-Star Pipes and Drums (Bagpipes), 2-Star Pipes and Drums (Highland Snare Drum) and 2-Star Pipes and Drums (Highland Bass and Tenor).

3-Star - Music - Piping and Drumming

Training

1. **Introduction.** The aim of this syllabus is to give cadets and CFAV an understanding of music theory in line with the SCQF Level 5 qualifications for piping and snare drum and the PDQB Level 5 syllabus for bass and tenor drum.
2. **Instructor qualification.** Instructors need to hold at minimum, the SCQF / PDQB Level 5 qualification for Piping and Drumming to deliver the 3-Star syllabus.
3. **Pre-requisites.** 1-Star and 2-Star Music (Pipes and Drums).
4. **Reference documents.** All training resources are to be taken from the Pipes and Drums folder of the cadet resource centre.

The following table provides the lessons for Three Star – Piping and Drumming:

Ser	Description	Timings	Delivery Method
1	Introduction: Aims of the course, the importance of being able to understand music theory and to understand the practical requirements for this level.	5 min	
2	Theory Revision: Revision of all music theory covered in One- and Two-Star Levels.	200 min	PowerPoint / handouts
3	Introduction to Piobaireachd.	40 min	PowerPoint / handouts
4	Sight Reading.	40 min	Practical
5	Continued Development of long Rolls – Various Time Signatures (Snare). Visual Exercises (As Per the Sheet) (Bass and Tenor).	40 min	Exercise Sheet / Handout
6	Accented rolls – Various Time Signatures (Snare).	40 min	Exercise Sheet / Handout
7	Counting Beats in Irregular Groups (Bass and Tenor).	40 min	Exercise Sheet / Handout
8	Continued Development of Single Strokes (Snare).	40 min	Exercise Sheet / Handout
9	Single Stroke Development - up to demi semi quaver (Bass and Tenor).	40 min	Exercise Sheet / Handout
10	Continued Development of Flam and Drag (70BPM) (Snare). Continuous development of the Paradiddle - with accent on 1st (Bass and Tenor).	40 min	Exercise Sheet / Handout
11	Continued Development of Paradiddles (Snare). Counting Beats in Compound Duple / Triple & Quadruple time (Bass and Tenor).	40 min	Exercise Sheet / Handout
12	Introduction to Swiss Flam Triplet (Snare). Continued Development - Paraddiddle with accents on 1st & 2nd, also dot & cut (Bass and Tenor).	40 min	Exercise Sheet / Handout
13	Introduction to Swiss Ruff (Snare). Continued development of Triplets - various accents and tempo marks (Bass and Tenor).	40 min	Exercise Sheet / Handout

Ser	Description	Timings	Delivery Method
14	Introduction - Open Drag (Bass and Tenor).	40 min	Exercise Sheet / Handout
15	Perform Long Roll Bass and Tenor).	40 min	Exercise Sheet / Handout
16	Music Selection for Practical Performance Assessment.	240 min	Practical Lesson
17	Instrument Maintenance.	120 min	Practical Lesson
18	Band Drill.	80 min	Practical Lesson
19	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the policies and guidelines laid out by the Scottish Qualifications Authority (SQA) and Piping and Drumming Qualifications Board (PDQB). All assessment must be conducted by a member of the National Training Team for Pipes and Drums as verified assessors for both the SQA and PDQB. No other personnel are permitted to conduct an assessment for Pipes and Drums.
6. **Instructor qualification.** Instructors need to hold at minimum, the SCQF / PDQB Level 5 qualification for Piping and Drumming to deliver the 3-Star syllabus.
7. **Pre-requisites.** Must have completed 3-Star Piping and Drumming Training.
8. **Reference documents.** All training resources are to be taken from the Pipes and Drums folder of the cadet resource centre.
9. **Contents.** As per table of contents above.
10. **Pass Mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
11. **Retest policy.** There are no restrictions on assessment resits.
12. **Westminster recording.** The 3-Star Qualification will be awarded by the National Cadet Piping and Drumming Development Manager. The qualification on Westminster is 3-Star Pipes and Drums (Bagpipes), 3-Star Pipes and Drums (Highland Snare Drum) and 3-Star Pipes and Drums (Highland Bass and Tenor).

4-Star - Music - Piping and Drumming

Training

1. **Introduction.** The aim of this syllabus is to give cadets and CFAV an understanding of music theory in line with the SCQF Level 6 qualifications for piping and snare drum and the PDQB Level 6 syllabus for bass and tenor drum.
2. **Instructor qualification.** Instructors need to hold at minimum, the SCQF / PDQB Level 6 qualification for Piping and Drumming (or an equivalent) to deliver the 4- Star syllabus.
3. **Pre-requisites.** 1-Star and 2-Star Music (Pipes and Drums) Knowledge.
4. **Reference documents.** All training resources are to be taken from the Pipes and Drums folder of the cadet resource centre.

The following table provides the lessons for Four Star – Piping and Drumming:

Ser	Description	Timings	Delivery Method
1	Introduction: Aims of the course, the importance of being able to understand music theory and to understand the practical requirements for this level.	5 min	
2	Production of Sound.	40 min	PowerPoint / handouts
3	Characteristics of Sound.	40 min	PowerPoint / handouts
4	Categories and Kinds of Sound.	40 min	PowerPoint / handouts
5	Tempo, Volume and Expression.	40 min	PowerPoint / handouts
6	Piobaireachd Classification (Pipers only).	80 min	PowerPoint / handouts
7	Cainntaireachd (Pipers only).	80 min	PowerPoint / handouts
8	Composition of Drum Fanfares / Salutes (Snare & Bass and Tenor Drummers Only).	80 min	Verbal / Handouts
9	Hiharin (Bagpipes). Single Stroke Development – Various Accents (Snare). Triplet Development - Phrases & Exercises (Bass and Tenor).	40 min	Exercise Sheet / Handout
10	Dres and Edres (Bagpipes). Open Drag / Ratamacue (Snare). Semi / Demi Semi Quaver Development Phrases & Exercises (Bass and Tenor).	40 min	Exercise Sheet / Handout
11	Dare and Vedare (Bagpipes). Continued Development of Paradiddles (Snare). Continued development - Open Drag (Bass and Tenor).	40 min	Exercise Sheet / Handout
12	Double echoes on B, D, E, F and High G (Bagpipes). Continued Development of Flam and Drag – Compound Time (Snare).	40 min	Exercise Sheet / Handout
13	Harodin / Horodin (Bagpipes). Flam Doubles (Snare).	40 min	Exercise Sheet / Handout
14	Darodo (Bagpipes).	40 min	

Ser	Description	Timings	Delivery Method
	Introduction to Triplet Rolls (Snare).		Exercise Sheet / Handout
15	Taorluath (Bagpipes).	40 min	Exercise Sheet / Handout
	Continued Development of Accented Rolls – Various Time Signatures (tempo as per exercise sheet) (Snare).		
16	Taorluath a Mach (Bagpipes).	40 min	Exercise Sheet / Handout
	Four Stroke Ruff (Snare).		
17	Standard Crunluath (Bagpipes).	40 min	Exercise Sheet / Handout
	Continued Development of Swiss Ruff (Snare).		
18	Crunluath Breabach (Bagpipes).	40 min	Exercise Sheet / Handout
19	Crunluath Fosgailte (Bagpipes).	40 min	Exercise Sheet / Handout
20	Crunluath a Mach (Bagpipes).	40 min	Exercise Sheet / Handout
21	Music Selection for Practical Performance Assessment.	240 min	Practical Lesson
22	Instrument Maintenance.	120 min	Practical Lesson
23	Band Drill.	80 min	Practical Lesson
24	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the policies and guidelines laid out by the Scottish Qualifications Authority (SQA) and Piping and Drumming Qualifications Board (PDQB). All assessment must be conducted by a member of the National Training Team for Pipes and Drums as verified assessors for both the SQA and PDQB. No other personnel are permitted to conduct an assessment for Pipes and Drums.
6. **Instructor qualification.** Instructors need to hold at minimum, the SCQF / PDQB Level 6 qualification for Piping and Drumming (or an equivalent) to deliver the 4-Star syllabus.
7. **Pre-requisites.** Must have completed 4-Star Piping and Drumming Training.
8. **Reference documents.** All training resources are to be taken from the Pipes and Drums folder of the cadet resource centre.
9. **Contents.** As per table of contents above.
10. **Pass Mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
11. **Retest policy.** There are no restrictions on assessment resits.
12. **Westminster recording.** The 4-Star Qualification will be awarded by the National Cadet Piping and Drumming Development Manager. The qualification on Westminster is 4-Star Pipes and Drums (Bagpipes), 4- Star Pipes and Drums (Highland Snare Drum) and 4-Star Pipes and Drums (Highland Bass and Tenor).

Section 14

MUSIC – MILITARY BANDS

General

1. The Army Cadets Bands Syllabus lays down the Policy for Bands, musical training within the Army Cadets. The Syllabus has been developed by the HQ for Army Cadet Music. While the information is broadly based on ABRSM qualifications or Trinity College London equivalent and syllabus requirements, it is laid out in a format that is achievable for both cadets and CFAVs.
2. The syllabus, which is in part progressive, teaches music theory and practical lessons from a basic level, up to being able to take part in various parades, displays and concerts. It is also written with ABRSM or Trinity College London qualifications in mind and should prepare the cadet for their relevant assessments.

Basic - Music – Military Bands

Training

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Test

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1 - Star - Music – Military Bands

Training

1. **Introduction.** 1-Star Music is designed to enable a new cadet to gain a basic understanding of music theory and practical requirements in line with the relevant ABRSM or TCL Qualifications. The cadet will also gain an understanding of the history music within the cadets and the Army.
2. **Instructor qualification.** Instructors need to hold at minimum, the ABRSM Level 1 (or an TCL equivalent) to deliver the 1-Star syllabus.
3. **Pre-requisites.** Basic Star Complete.
4. **Reference documents.** All training resources are to be taken from the relevant section within the Cadet Resource Centre.

The following table provides the lessons for One Star – Military Bands:

Ser	Description	Timings	Delivery Method
1	Introduction: Aims of the course is to Understand the different types of military music. Understand how the different instruments work together. Understand the role of the Bandmaster.	5 min	
2	History of Music in the Army and Army Cadets: Explanation of when Music started in the Army and its history and the Structure of Army Cadet Music.	40 min	Information and Discussion lesson with Photographs.
3	Qualifications that can be achieved: A briefing on what qualifications can be achieved at this level along with the ACS Star qualifications.	40 min	PowerPoint
4	Importance of Hearing Defence: Explanation of the importance of Hearing Health and the importance of Hearing Protection within Army Cadet Music.	40 min	PowerPoint / Video
5	Staff Notation.	40 min	PowerPoint / Handout
6	The Great Staff.	40 min	PowerPoint / Handout
7	Short Staff, Treble and Bass Clef Signs.	40 min	PowerPoint / Handout
8	Duration of Sounds and Rests.	40 min	PowerPoint / Handout
9	Lengthening and Shortening of Notes and Rests.	40 min	PowerPoint / Handout
10	Bars and Bar Lines.	40 min	PowerPoint / Handout
11	To hold the instrument correctly and find an embouchure to make a clear sound (Brass and Woodwind). To carry the drum correctly (percussion).	40 min	Demonstration / Practical Lesson
12	An understanding of pitch and rhythm on the Cadet's personal instrument (Brass / Woodwind). Play using correct hand and stick position (Percussion).	40 min	Exercise Sheet / Practical Lesson
13	The production of sound (Brass / Woodwind).	40 min	

Ser	Description	Timings	Delivery Method
	Paradiddles with and without accents (Percussion).		Exercise Sheet / Practical Lesson
14	Embouchure and Technique (Brass / Woodwind).	40 min	Exercise Sheet / Practical Lesson
	Play Triplets with Accents on 1 st , 2 nd and 3 rd note (Percussion).		
15	Scales as per ABRSM grade 1 or TCL equivalent (Brass / Woodwind).	40 min	Exercise Sheet / Practical Lesson
	Open and Closed Rolls (Percussion).		
16	Be able to play the grade 1 unaccompanied study ABRSM (Brass / Woodwind).	40 min	Exercise Sheet / Practical Lesson
	Open and Closed Rolls (Snare).		
17	Basic Monotone Exercises in Simple Time Signatures (Including Rests) (Percussion).	40 minutes	Exercise Sheet / Practical Lesson
18	<p>Band Drill:</p> <p>To be able to stand to attention, at ease, stand easy with an instrument.</p> <p>To be able to stand ready to play and march, in step, as part of a squad, whilst carrying an instrument.</p> <p>Teach the following basic band drill following the Drum Major's mace or Bandmaster's baton Commands:</p> <p>Step Off. Mark Time. Halt. Cut Off.</p> <p>March to Beat of a Drum.</p> <p>Intro to Slow March.</p>	240 min	Practical Lesson
19	Assessment		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the ABRSM or TCL. Assessment at this level may be conducted by a Music Detachment Commander with the necessary skill set and knowledge required at this level.

6. **Instructor qualification.** Instructors need to hold at minimum, the ABRSM Level 1 (or an TCL equivalent) to deliver the 1-Star syllabus.

7. **Pre-requisites.** 1-Star Music (Military Bands) Training.

8. **Reference documents.** All training resources are to be taken from the relevant section within the Cadet Resource Centre.

9. **Pass mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
10. **Retest policy.** The cadet will only have to resit the sections that they have failed.
11. **Westminster recording.** The 1-Star Qualification will be awarded by the person / County undertaking the assessment. SO2 Cadet Bands is to ensure that this is completed on Westminster. The qualification on Westminster is 1-Star Music (Bands).

2 - Star - Music – Military Bands

Training

1. **Introduction.** The aim of this syllabus is to give cadets and CFAVs an understanding of music theory and practical information in line with the ABRSM Level 2 Certificate or the TCL equivalent qualification.
2. **Instructor qualification.** Instructors need to hold at minimum, ABRSM Level 2 Certificate or TCL equivalent to deliver the 2-Star syllabus.
3. **Pre-requisites.** Basic Music Knowledge (1-Star Level).
4. **Reference documents.** All training resources are to be taken from the relevant section within the Cadet Resource Centre.

The following table provides the lessons for Two Star – Military Bands:

Ser	Description	Timings	Delivery Method
1	Introduction: Aims of the course, the importance of being able to understand music theory and to understand the practical requirements for this level.	5 min	
2	As per the syllabus Basic Performance: Play 1 piece from list C, unaccompanied grade 2 ABRSM or Trinity equivalent using the correct technique, play all scales listed for Grade 2 ABRSM or Trinity equivalent.	80 min	
3	Revision of 1 Star Music Theory Lessons.	40 min	PowerPoint / Handout
4	Complete required Music Theory lessons required for ABRSM Level 2 or TCL equivalent qualifications.	160 min	PowerPoint / Handout
5	Complete ABRSM Level 2 Theory Assessment or TCL equivalent, achieving 50% or above.	80 min	PowerPoint / Handout
6	Learn and play the National Anthem and pieces as selected by the Commandant Army Cadet Music. This may include 2 nd and 3 rd parts.	160 min	PowerPoint / Handout
7	Uniform Maintenance.	40 min	PowerPoint / Handout / Demonstration
8	Correct use of Ceremonial Uniform.	40 min	PowerPoint / Photo's / Demonstration
9	Instrument Maintenance including spotting wear and tear and being able to name all parts.	120 min	PowerPoint / Handout
10	Band Drill, (Stand at Ease with Instruments, Band Ready, Stand Easy) Further development of Slow March and Stepping off and Mark Time.	200 min	Demonstration
11	Drum Majors Mace Drill / Band Masters Baton Drill: (Step Off from Mark Time, Counter March, Halt, Wheel and Cut Off Playing. Perform all in Slow time as well).	200 min	Demonstration
12	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the policies and guidelines laid out by the ABRSM or TCL assessments. Assessments can be conducted by a qualified Music Detachment Commander and notification must be sent to SO2 Bands / Commandant Army Cadet Music.
6. **Instructor qualification.** Instructors need to hold at minimum, ABRSM Level 2 Certificate or TCL equivalent to deliver the 2-Star syllabus.
7. **Pre-requisites.** 2-Star Music (Military Bands) Training.
8. **Reference documents.** All training resources are to be taken from the relevant section within the Cadet Resource Centre.
9. **Pass mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
10. **Retest policy.** The cadet will only have to resit the sections that they have failed.
11. **Westminster recording.** The 2-Star Qualification will be awarded by the person / County undertaking the assessment. SO2 Cadet Bands is to ensure that this is completed on Westminster. The qualification on Westminster is 2-Star Music (Bands).

3 - Star - Music – Military Bands

Training

1. **Introduction.** The aim of this syllabus is to give cadets and CFAVs an understanding of music theory in line with the relevant ABRSM Level 3 Certificate or TCL equivalent.
2. **Instructor qualification.** Instructors need to hold at minimum, the ABRSM Level 3 or TCL equivalent, to deliver the 3-Star syllabus.
3. **Pre-requisites.** 1-Star and 2-Star Music Knowledge.
4. **Reference documents.** All training resources are to be taken from the relevant folder within the Cadet Resource Centre.

The following table provides the lessons for Three Star – Military Bands:

Ser	Description	Timings	Delivery Method
1	Introduction: Aims of the course, the importance of being able to understand music theory and to understand the practical requirements for this level.	5 min	
2	As per the syllabus Basic Performance: Play 1 piece from list C, unaccompanied grade 3 ABRSM or TCL equivalent using the correct technique, play all scales listed for Grade 3 ABRSM or TCL equivalent.	120 min	PowerPoint / handouts
3	Music Theory lessons required as per Grade 3 syllabus, including ledger lines, accidentals, major and minor scales up to 3 sharps and 3 flats, key signatures and intervals, a knowledge of Italian terms. Obtain a pass mark of 50% or more of an ABRSM grade 3 theory exam or TCL equivalent.	280 min	PowerPoint / handouts
4	Practical Musicianship Describe how the instrument works: Sight Reading of 2 set pieces in Simple and Compound Time. Play pieces from the grade 3 syllabus, using a CD or band accompaniment. Or, perform a solo with the band during an external performance, as per the request of the examiner.	160 min	Practical
5	Tuning of the Instrument.	40 min	Exercise Sheet / Handout
6	Revision of Maintenance.	40 min	Exercise Sheet / Handout
7	Revision of Band Drill.	80 min	Demonstration
8	Introduction to Display Formations.	120 min	Demonstration
9	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the policies and guidelines laid out by the ABRSM or TCL.

6. **Instructor qualification.** All assessments must be conducted by either a Regional Music Adviser or someone who has been appointed by the Commandant Army Cadet Music. No other personnel are permitted to conduct an assessment at this level.
7. **Pre-requisites.** 3-Star Music (Military Bands) Training.
8. **Reference documents.** All training resources are to be taken from the relevant folder within the Cadet Resource Centre.
9. **Pass mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
10. **Retest policy.** The cadet will only have to resit the sections that they have failed.
11. **Westminster recording.** The 3-Star Qualification will be awarded by the Regional Music Advisor or appointed person and will be uploaded to Westminster accordingly. SO2 Cadet Music is to ensure that all relevant information has been uploaded and is correct on Westminster. The qualification on Westminster is 3-Star Music (Bands).

4 - Star - Music – Military Bands

Training

1. **Introduction.** The aim of this syllabus is to give cadets and CFAVs an understanding of music theory in line with the ABRSM Level 4 Certificate or TCL equivalent.
2. **Instructor qualification.** Instructors need to hold at minimum, the ABRSM Level 4 Certificate or TCL equivalent to deliver the 4-Star syllabus.
3. **Pre-requisites.** 1-Star, 2-Star and 3-Star Music Knowledge.
4. **Reference documents.** All training resources are to be taken from the relevant folder within the Cadet Resource Centre.

The following table provides the lessons for Four Star – Military Bands:

Ser	Description	Timings	Delivery Method
1	Introduction: Aims of the course, the importance of being able to understand music theory and to understand the practical requirements for this level.	5 min	
2	As per the syllabus Basic Performance: Play 1 piece from list C, grade 4 ABRSM or TCL equivalent using the correct technique, play all scales listed for Grade 4 ABRSM or TCL equivalent.	120 min	PowerPoint / handouts
3	Pass a music theory exam 50% or more at Grade 4 ABRSM or TCL equivalent level.	80 min	PowerPoint / handouts
4	Practical – Perform a solo with the senior band during a concert or mess event. Tuning the instrument along with other instruments within the band the test to include some sight reading.	80 min	PowerPoint / handouts
5	Instruct aspects of the 2 Star syllabus to cadets at that level.	120 min	PowerPoint / handouts
6	Revision of Band and Instrument Drill.	80 min	
7	Demonstrate a proper understanding of the correct signals, with a baton, for the band on parade, including step off, wheel, mark time and halt. Conduct a general salute or similar whilst on parade. Be able to perform the duties and drill of the Bandmaster and lead a band on a parade. OR complete the Drum Major or Bugle Major 4 Star test.	120 min	
8	Plan and deliver an event in accordance with requirements of BTEC2.	160 min	Verbal / Handouts
9	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the policies and guidelines laid out by the ABRSM or TCL assessments.

6. **Instructor qualification.** All assessment must be conducted by the SO2 Cadet Music or a person appointed by the Commandant Army Cadet Music. No other personnel are permitted to conduct an assessment at this level.
7. **Pre-requisites.** 4-Star Music (Military Bands) Training.
8. **Reference documents.** All training resources are to be taken from the relevant folder within the Cadet Resource Centre.
9. **Pass mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
10. **Retest policy.** The cadet will only have to resit the sections that they have failed.
11. **Westminster recording.** The 4-Star Qualification will be awarded by the SO2 Cadet Music or appointed person. The qualification on Westminster is 4-Star Music (Bands).

Section 15

MUSIC – CORPS OF DRUMS

General

1. The Army Cadets Corps of Drums and Bugle Platoons Syllabus lays down the Policy for Corps of Drums musical training within the Army Cadets. The Syllabus has been developed by the HQ for Army Cadet Music. While the information is broadly based on the Army School of Ceremonial, Drums Wing syllabus requirements, it is laid out in a format that is achievable for both cadets and CFAVs.
2. The syllabus, which is in part progressive, teaches music theory and practical lessons from a basic level, up to being able to take part in various parades, displays and concerts, and should prepare the cadet for their relevant assessments.

Basic – Music - Corps of Drums

Training

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Test

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1-Star – Music - Corps of Drums

Training

1. **Introduction.** 1-Star Music (C of D) is designed to enable a new cadet to gain a basic understanding of music theory and practical requirements in line with the Army School of Ceremonial, Drums Wing syllabus. The cadet will also gain an understanding of the history music within the Cadets and the Army.
2. **Instructor qualification.** Instructors need to hold at minimum, 2-Star Music (C of D) qualification to deliver 1-Star Music (C of D).
3. **Pre-requisites.** Basic Star Complete.
4. **Reference documents.** All training resources are to be taken from the relevant section within the Cadet Resource Centre.

The following table provides the lessons for One Star – Corps of Drums:

Ser	Description	Timings	Delivery Method
1	Introduction: Understand the different types of military music. Understand how the different instruments work together. Understand the role of the Drum or Bugle Major.	40 min	
2	History of Music in the Army and Army Cadets: Explanation of when Music started in the Army and its history and the Structure of Army Cadet Music.	40 min	Information and Discussion lesson with Photographs.
3	Qualifications that can be achieved: A briefing on what qualifications can be achieved at this level along with the ACS Star qualifications.	40 min	PowerPoint
4	Importance of Hearing Defence: Explanation of the importance of Hearing Health and the importance of Hearing Protection within Army Cadet Music.	40 min	PowerPoint / Video
5	Staff Notation.	40 min	PowerPoint / Handout
6	The Great Staff.	40 min	PowerPoint / Handout
7	Short Staff, Treble and Bass Clef Signs.	40 min	PowerPoint / Handout
8	Duration of Sounds and Rests.	40 min	PowerPoint / Handout
9	Lengthening and Shortening of Notes and Rests.	40 min	PowerPoint / Handout
10	Bars and Bar Lines.	40 min	PowerPoint / Handout
11	To hold the instrument correctly and find an embouchure to make a clear sound (Flute or Bugle). To carry the drum correctly (percussion).	40 min	Demonstration / Practical Lesson
12	An understanding of pitch and rhythm on the cadet's personal instrument (Flute or Bugle). Play using correct hand and stick position (Percussion).	40 min	Exercise Sheet / Practical Lesson

Ser	Description	Timings	Delivery Method
13	The production of sound (Flute or Bugle).	40 min 40 min	Exercise Sheet / Practical Lesson Exercise Sheet / Practical Lesson
	Paradiddles with and without accents (Percussion).		
	Embouchure and Technique (Flute or Bugle).		
14	Play Triplets with Accents on 1 st , 2 nd and 3 rd note (Percussion).		
15	Scales as per guidelines from Buglers or Drummers Handbook (Flute or Bugle).	40 min	Exercise Sheet / Practical Lesson
	Open and Closed Rolls (Percussion).		
16	Play 2 Simple Time Signature pieces from memory in accordance with the list for beginner Bugle or as advised by HQ Army Cadet Music for other instruments.	40 min	Exercise Sheet / Practical Lesson
	Open and Closed Rolls (Snare).		
17	Basic Monotone Exercises in Simple Time Signatures (Including Rests) (Percussion).	40 min	Exercise Sheet / Practical Lesson
18	<p>C of D Drill:</p> <p>To be able to stand to attention, at ease, stand easy with an instrument.</p> <p>To be able to stand ready to play and march, in step, as part of a squad, whilst carrying an instrument.</p> <p>Teach the following basic band drill following the Drum / Bugle Major's Mace Commands:</p> <p>Step Off. Mark Time. Halt. Cut Off.</p> <p>March to Beat of a Drum.</p> <p>Intro to Slow March.</p>	240 min	Practical Lesson
19	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the ACS Syllabus.

6. **Instructor qualification.** Assessment at this level may be conducted by a Music Detachment Commander with the necessary skill set and knowledge required at this level.

7. **Pre-requisites.** 1-Star Music (CofD) Training.

8. **Reference documents.** All training resources are to be taken from the relevant section within the Cadet Resource Centre.

9. **Pass mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
10. **Retest policy.** The cadet will only have to resit the sections that they have failed.
11. **Westminster recording.** The 1-Star Qualification will be awarded by the person / County undertaking the assessment. SO2 Cadet Bands is to ensure that this is completed on Westminster. The qualification on Westminster is 1-Star Music (CofD).

2-Star – Music - Corps of Drums

Training

1. **Introduction.** The aim of this syllabus is to give cadets and CFAVs an understanding of music theory and practical information in line with the ACS Syllabus.
2. **Instructor qualification.** Instructors need to hold at minimum, 3-Star Music (C of D) knowledge to deliver the 2-Star Music (C of D) syllabus. It must also be delivered in accordance with the lesson plans found in the relevant folder within the respective star level on the Army Cadets Music area of the Cadet Resource Centre.
3. **Pre-requisites.** Basic Music Knowledge (One Star Level).
4. **Reference documents.** All training resources are to be taken from the relevant section within the Cadet Resource Centre.

The following table provides the lessons for Two Star – Corps of Drums:

Ser	Description	Timings	Delivery Method
1	Introduction: Aims of the course, the importance of being able to understand music theory and to understand the practical requirements for this level.	5 min	
2	Drums - Demonstrate the following Rudiments as per the ACS syllabus (numbers from that syllabus): Seven Stroke roll. Double Paradiddle. Drag and Stroke. Flam and Tap. Paradiddle Diddle. Single Ratamacue. Eleven Stroke Roll.	280 min	
3	Flute To play the following scales – G & D.	80 min	PowerPoint / Demonstration / Handout
4	Bugles – To clearly sound four notes and play the calls and tunes as per the ACM Buglers Handbook. Including lip flexibility.	80 min	PowerPoint / Demonstration / Handout
5	Revision of Lessons from 1-Star syllabus including Time Signatures Simple and Compound Time. Identify the names of notes, duration including rests and how to write music.	200 min	PowerPoint / Handout
6	Flutes / Fifes, Drums and Bugles. Competently play four tunes or marches from the list authorised by Commandant, Army Cadet Music.	160 min	PowerPoint / Handout

Ser	Description	Timings	Delivery Method
7	Uniform Maintenance.	40 min	PowerPoint / Handout / Demonstration
8	Correct use of Ceremonial Uniform.	40 min	PowerPoint / Photo's / Demonstration
9	Instrument Maintenance including spotting wear and tear and being able to name all parts.	120 min	PowerPoint / Handout
10	Demonstrate and teach the following instrument drill; Stand at ease, attention, band ready and stand easy in the correct positions. To continue the slow march instruction including mark time.	120 min	Demonstration
11	Teach the following band drill following the Drum or Bugle Major's Mace Commands: Counter march. Step off from Mark Time. Halt. Wheel and cut off playing (Rifles Pace can be used). Perform band drill movements in slow time.	200 min	Demonstration
12	Competently take part in a Detachment or County parade or another musical event.	80 min	
13	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the policies and guidelines laid out by ACS assessments.

6. **Instructor qualification.** Assessments can be conducted by a qualified Music Detachment Commander and notification must be sent to SO2 Bands / Commandant Army Cadet Music.

7. **Pre-requisites.** 2-Star Music (CofD) Training.

8. **Reference documents.** All training resources are to be taken from the relevant section within the Cadet Resource Centre.

9. **Pass mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.

10. **Retest policy.** The cadet will only have to resit the sections that they have failed.

11. **Westminster recording.** The 2-Star Qualification will be awarded by the person / County undertaking the assessment. SO2 Cadet Bands is to ensure that this is completed on Westminster. The qualification on Westminster is 2-Star Music (C of D).

3-Star – Music - Corps of Drums

Training

1. **Introduction.** The aim of this syllabus is to give cadets and CFAVs an understanding of music theory in line with the relevant ACS Syllabus.
2. **Instructor qualification.** Instructors need to hold at minimum, the 4-Star Music (C of D) Knowledge to deliver the 3-Star syllabus. It must also be delivered in accordance with the lesson plans found in the relevant folder within the respective star level on the Army Cadets Music area of the Cadet Resource Centre.
3. **Pre-requisites.** 1-Star and 2-Star Music Knowledge.
4. **Reference documents.** All training resources are to be taken from the relevant folder within the Cadet Resource Centre.

The following table provides the lessons for Three Star – Corps of Drums:

Ser	Description	Timings	Delivery Method
1	Introduction: Aims of the course, the importance of being able to understand music theory and to understand the practical requirements for this level.	5 min	
2	Demonstrate the following Rudiments as per the Army School of Ceremonial syllabus (numbers from that syllabus): For drummers: Double Drag and Stroke. Bugles Play 5 notes, as per 1330 in the ACM Buglers Handbook.	120 min	PowerPoint / handouts
3	Flutes - play scales F, Bb & Eb.	120 min	PowerPoint / handouts
4	Bugles Play 5 notes, as per 1330 in the ACM Buglers Handbook.	120 min	PowerPoint / handouts
5	Music Theory lessons required as per Grade 1 syllabus & Drummers Handbook, including ledger lines, accidentals, major and minor scales up to 3 sharps and 3 flats, key signatures and intervals, a knowledge of Italian terms. Sight read 4 bars of a simple tune.	280 min	Exercise Sheet / Handout
6	Describe how the instrument works: Competently play four further tunes or marches from the list authorised by Commandant, Army Cadet Music. Tune the instrument.	240 min	
7	Revision of Maintenance.	40 min	Exercise & Handout
8	Revision of Band Drill.	80 min	Demonstration
9	Introduction to Display Formations.	120 min	PowerPoint / Handout
10	Take part in a National or Regional Parade or Concert or another major event.	80 min	

Ser	Description	Timings	Delivery Method
11	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the policies and guidelines laid out by the ACS.
6. **Instructor qualification.** All assessments must be conducted by either a Regional Music Adviser or someone who has been appointed by the Commandant Army Cadet Music. No other personnel are permitted to conduct an at this level.
7. **Pre-requisites.** 3-Star Music (CofD) Training.
8. **Reference documents.** All training resources are to be taken from the relevant folder within the Cadet Resource Centre.
9. **Pass mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
10. **Retest policy.** The cadet will only have to resit the sections that they have failed.
11. **Westminster recording.** The 3-Star Qualification will be awarded by the Regional Music Advisor or appointed person and will be uploaded to Westminster accordingly. SO2 Cadet Music is to ensure that all relevant information has been uploaded and is correct on Westminster. The qualification on Westminster is 3-Star Music (C of D).

4-Star – Music - Corps of Drums

Training

1. **Introduction.** The aim of this syllabus is to give cadets and CFAVs an understanding of music theory in line with the ACS Syllabus.
2. **Instructor qualification.** Instructors need to hold at minimum, 4-Star Music (C of D) knowledge or more to deliver the 4-Star syllabus. It must also be delivered in accordance with the lesson plans found in the relevant folder within the respective star level on the Army Cadets Music area of the cadet resource centre.
3. **Pre-requisites.** 1-Star, 2-Star and 3-Star Music Knowledge.
4. **Reference documents.** All training resources are to be taken from the relevant folder within the Cadet Resource Centre.

The following table provides the lessons for Four Star – Corps of Drums:

Ser	Description	Timings	Delivery Method
1	<p>Introduction:</p> <p>To further develop the cadet as a Drum or Bugle Major, who, is able to perform that role on parade, plan and organise an event and teach drill and musical skills to junior cadets. To further develop musical skills. Examiner National Music Advisor or during an annual music course. This Star Qualification is closely linked to BTEC2 (Music).</p>	5 min	
2	<p>Demonstrate the ability to be the leading player on their chosen instrument.</p> <p>To sight read a simple march.</p> <p>To be able to play one additional instrument competently on parade from the following list:</p> <p>Bass Drum.</p> <p>Tenor Drum.</p> <p>Side Drum.</p> <p>Cymbals.</p> <p>Bugle.</p> <p>Bb Flute.</p> <p>F Flute.</p> <p>Piccolo.</p>	200 min	PowerPoint / handouts
3	To pass the Theory test as required by the Drummers Handbook or as directed by the Commandant ACM.	80 min	PowerPoint / handouts
4	Practical – Perform to a high standard on a parade, concert or other musical event Tuning the instrument along with other instruments with the COD and or Bugle Platoon.	80 min	PowerPoint / handouts
5	Introduction to teaching a music lesson and Instruct aspects of the 2-Star syllabus to cadets at that level.	200 min	PowerPoint / handouts

Ser	Description	Timings	Delivery Method
6	Be able to perform the duties and drill of the Drum or Bugle Major and lead a Corps of Drums or Bugle Platoon on a parade.	80 min	
7	Plan and deliver an event in accordance with requirements of BTEC2.	200 min	Verbal / Handouts
8	Assessment.		

Test

5. **Introduction.** The cadet will be assessed by a summative assessment for theory and a practical assessment for the performance section upon completion of all lessons. Assessments will be conducted in line with the policies and guidelines laid out by the ACS assessments.
6. **Instructor qualification.** All assessment must be conducted by the SO2 Cadet Music or a person appointed by the Commandant Army Cadet Music. No other personnel are permitted to conduct an assessment at this level.
7. **Pre-requisites.** 4-Star Music (CofD) Training.
8. **Reference documents.** All training resources are to be taken from the relevant folder within the Cadet Resource Centre.
9. **Pass mark.** The cadet will pass if a score of 50% or above is achieved. If the cadet fails the assessment (Theory or Practical), they will only have to resit the sections that they have failed.
10. **Retest policy.** The cadet will only have to resit the sections that they have failed.
11. **Westminster recording.** The 4-Star Qualification will be awarded by the SO2 Cadet Music or appointed person. The qualification on Westminster is 4-Star Music (C of D).

Section 16

CADET INSTRUCTIONAL TECHNIQUES COURSES

General

1. The cadet instructional technique courses are designed to train cadets to support the delivery of certain Army Cadet Syllabus lessons at Basic and One Star.
2. The courses will provide cadets with effective learning delivery tools that will encourage flexibility, enhance communication skills and build on the cadet's confidence that will support their leadership as they develop through their cadet journey.

3-Star - Junior Cadet Instructor's Cadre (JCIC)

Training

1. **Introduction.** The JCIC is designed to teach the cadet how to instruct other cadets in lessons at Basic and 1-Star Level.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** 2-Star Complete.
4. **Reference documents.** CFIT Handbook.

The following table provides the lessons for JCIC:

Ser	Description	Resource	Timings
1	Introduction to Cadet Forces Instructional Techniques.	Lesson 1	40 min
2	Introduction to Planning and Preparing Training.	Lesson 2	40 min
3	Introduction to Delivering, Training and Assessing Cadets' Performance.	Lesson 3	40 min
4	Introduction to Evaluating Training and Identifying Improvements.	Lesson 4	40 min
5	Introduction to and Planning & Preparing a Skills lesson.	Lesson 5	40 min
6	Delivery, Assessment and Evaluation of Skills Lessons.	Lesson 6	40 min

Test

5. **Introduction:** The JCIC test is broken into two parts which are taken as below:
 - a. **Phase 1.** Instruction of simple theory lesson.
 - b. **Phase 2.** Instruction of a simple skill lesson.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites:**
 - a. **Phase 1.** Completion of lessons 1-6.
 - b. **Phase 2.** Completion of phase one and all lessons.
8. **Reference documents.** The CFIT Handbook.
9. **Phase 1**
 - a. **Contents.** The cadets are to be issued one of the lessons in the Theory Lesson column of table below to instruct. They are to be given 2 hours or more of preparation time before delivering to a class of 2 or more cadets and the assessor, the lesson should last approximately 15 minutes.
 - b. **Assessment.** There is no formal assessment, but the cadet is to be given constructive feedback on how they can improve in the future. The below are questions that the assessor should use to judge the lesson.

Ser	Description
1	Were they confident?
2	Was the lesson broken down into appropriate stages?
3	Did they display a good understanding of the subject?
4	Was the lesson in a logical order?
5	Were appropriate techniques used to deliver the instruction?
6	Were appropriate techniques used to confirm the instruction?

10. **Phase 2:**

a. The assessment is the same as phase 1 but a skill lesson from the list in the Skill Lesson column of table below should be used.

b. Phase 1 must have been passed before phase 2 is attempted.

11. **Overall assessment policy.** JCIC is not a pass or fail part of the syllabus, it is designed to give instructors a chance to identify which cadets will be good instructors at detachments and will benefit from attending SCIC. Completion of JCIC is required to complete 3-Star no matter the result.

12. **Westminster recording.** On successful completion the following qualification should be awarded "Junior Cadet Instructors Cadre".

13. **Suggested lessons.** The below lessons are ideas of lessons that could be given to cadets. Others may be chosen as long as they are Basic or 1-Star, a subject the cadet is familiar with, an activity that does not require an additional qualification. Most lessons in the syllabus are longer than 15 min so some parts of them should be removed for the purpose of JCIC.

Ser	Subject	Theory Lessons	Skill Lessons
1	Military Knowledge.	History of the Army Cadets. Badges of rank (Cdt-SSgt). Badges of rank (2Lt -Capt).	
2	Drill and Turnout.	Aim and purpose of Drill. Saluting (Reasons and origins).	One of Right / Left / About turn at the halt. Saluting to the front.
3	Navigation.	Marginal information. Handrail symbols.	Orientating a map using a handrail. Care of (and folding) a map.
4	Fieldcraft and tactics.	Organisation of a section. Why things are seen.	The walk and the monkey run. The leopard crawl and the roll.
5	Skill at Arms.	Marksmanship principles. Characteristics of the GP Rifle.	Cadets are not to teach SAA with weapons (see CT-Ranges).
6	First aid.	How to call an ambulance.	
7	Expedition.	The countryside code.	
8	CIS.	Phonetic alphabet. 24 hr clock.	Semaphore. Morse code.
9	Music.	History of music in the Army. The scale.	Counting beats in simple time.

4-Star – Senior Cadet Instructor's Cadre (SCIC) Training

Training

1. **Introduction.** The SCIC is designed to teach the cadet how to instruct other cadets in lessons at Basic, 1-Star Level and 2-Star.
2. **Instructor qualification.** Standard as per page 25.
3. **Pre-requisites.** 3-Star Complete.
4. **Reference documents.** CFIT Handbook.

The following table provides the lessons for SCIC:

Ser	Description	Resource	Timings
1	Instructional Techniques.	Lesson 7	40 min
2	Planning and Preparing Training.	Lesson 8	60 min
3	Delivering Effective Training.	Lesson 9	80 min
4	Assessment of Learning and evaluation of Training.	Lesson 10	40 min

Test

5. **Introduction:** The SCIC test is broken into two parts which are taken as below:
 - a. **Phase 1.** Instruction of simple theory lesson.
 - b. **Phase 2.** Instruction of a simple skill lesson.
6. **Instructor qualification.** Standard as per page 25.
7. **Pre-requisites:**
 - a. **Phase 1.** Completion of lessons 7-10.
 - b. **Phase 2.** Completion of phase one and all lessons.
8. **Reference documents.** The CFIT Handbook.
9. **Phase 1:**
 - a. **Contents.** The cadets are to be issued one of the lessons from the Theory Lesson column of table below to instruct. They are to be given 2 hours or more of preparation time before delivering to a class of 2 or more cadets and the assessor, the lesson should last approximately 30 minutes.
 - b. **Assessment.** There is no formal assessment, but the cadet is to be given constructive feedback on how they can improve in the future. The below are questions that the assessor should use to judge the lesson.

Ser	Description
1	Were they confident?
2	Was the lesson broken down into appropriate stages?
3	Did they display a good understanding of the subject?
4	Was the lesson in a logical order?
5	Were appropriate techniques used to deliver the instruction?
6	Were appropriate techniques used to confirm the instruction?

10. **Phase 2:**

- a. The assessment is the same as phase 1 but a skill lesson from the list from the Skills Lesson column of table below.
- b. Phase 1 must have been passed before phase 2 is attempted.

11. **Overall assessment policy.** SCIC is not a pass or fail part of the syllabus, it is designed to give instructors a chance to identify which cadets will be good instructors at detachments. Completion of SCIC is not required to complete 4-Star no matter the result.

12. **Westminster recording.** On successful completion the following qualification should be awarded "Senior Cadet Instructors Cadre".

13. **Suggested lessons.** The below lessons are ideas of lessons that could be given to cadets. Others may be chosen as long as they are Basic, 1-Star or 2-Star, a subject the cadet is familiar with, an activity that does not require an additional qualification. Most lessons in the syllabus are longer than 30 min so some parts of them should be removed for the purpose of SCIC.

Ser	Subject	Theory Lessons	Skill Lessons
1	Military Knowledge.	History of the Army Cadets. Badges of rank. Structure of the ACF County / (CCF) Brigade. Affiliated Regimental History.	
2	Drill and Turnout.	Aim and purpose of Drill. Saluting (Reasons and origins).	One of Right / Left / About turn at the halt. Saluting to the front. Dressing in three ranks. Marching & halting in quick time. About Turn in Quick Time. Saluting to the right / left flank in quick time. Turning to the right / left flank in quick time. Changing step in quick time. Mark Time & Halt from marking time. Forward from marking time.

Ser	Subject	Theory Lessons	Skill Lessons
3	Navigation.	Marginal information. Handrail symbols. Map Symbols. Identify the shape of the ground on the map.	Orientating a map using a handrail. Care of (and folding) a map. Estimating distance & using 4 fig GR. Using 6 Fig GR.
4	Fieldcraft and tactics.	Personal Equipment. Organisation of a section. Why things are seen. Observations & Judging distances. Target Indication.	Constructing a two-person shelter. Camouflage and concealment. Feeding in the field. The walk and the monkey run. The leopard crawl and the roll. Communications in the field. Patrol Skills. Harbour occupation and routine. Tactical Formations.
5	Skill at Arms.	Marksmanship principles. Characteristics of the GP Rifle.	Cadets are not to teach SAA with weapons (see CT-Ranges).
6	First aid.	How to call an ambulance. Heart Attack. Bones, Muscles & Joints. Hypothermia. Heat Exhaustion. Bites, Stings & Minor Injuries.	Primary Survey. Recovery Position. Cardiopulmonary Resuscitation. Bleeding. Choking.
7	Expedition.	The countryside code. Clothing, footwear & emergency equipment. Hazards and access issues on maps. Different roles within an expedition team.	Pack and waterproof clothing and equipment. Pitching & striking a tent.
8	CIS.	Phonetic alphabet. 24 hr clock. History of Comms. Security Classifications.	Semaphore. Morse code.
9	Music.	History of music in the Army. The theory of Music.	Counting beats in simple time.

References

Ser	Document Number	Document Title
1	AC 72158	Military Knowledge Training Manual
2	AC 72147	Army Cadets Drill & Turnout Training Manual
3	AC	Cadet Shooting Manual
4	UNCODED	177" Air Rifles and Associated Equipment's
5	AC 72162	The Army Cadets Navigation Training Manual
6	AC 71966	The Army Cadets Fieldcraft and Tactics Training Manual.
7	AC 72149	Expedition Training Guide for Army Cadet Instructors.
8	AC 71849	Adventurous Training Manual
9	AC 72154	The Army Cadets Keeping Active Training Manual.
10	AC 72145	Army Cadets Community Engagement Training Manual.
11	AC 72143	Army Cadets CIS Training Manual
12	AC 70816 (C)	Voice Procedure Manual
13	AC 71807 - C	The L98A2 Cadet GP Rifle (5.56 mm) and the Associated Equipment's.
14	AC	CFIT Handbook

Further advice and feedback - Contacts

The owner of this document is Regional Command HQ Cadets Branch **Training Development Team**, who are responsible for ensuring that it is routinely updated. For further information on any aspect of this document, or questions not answered within the preceding sections, or to provide feedback on the content:

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