

Year 1 Qualification Record

Cadet's Name: _____ Corps/Squadron: _____

Complete ALL of the following:

- 1 Citizenship Activity (PO X01)
- 1 Community Service Activity (PO X02)
- 1 Teamwork Activity (PO 103)
- 1 Physical Activity (PO X05)
- 1 Formal Parade (PO 108)
- 1 CAF Engagement Activity (PO X20)
- 1 Promoting Healthy and Safe Experiences (PHASE) Lesson

Track Physical Activity for 4 weeks (PO X04):

- Week 1
- Week 2
- Week 3
- Week 4

Pass this assessment:

- Cadet Air Rifle Handling Test (PO 106)

Complete 18 periods of training from the following POs (or a combination of them) for your element:

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18

Army Cadets:

- PO 121 - Participate as a Member of a Team During an Overnight Bivouac Field Training Exercise (FTX)
- PO 122 - Identify Location Using a Map
- PO 123 - Participate in a Day Hike

Sea Cadets:

- PO 121 - Perform Basic Ropework
- PO 123 - Respond to Basic Forms of Naval Communications
- PO X24 - Sail a Sailboat IAW Sail Canada CANSail Level 1
- PO X25 - Participate in a Nautical Training Weekend

Air Cadets:

- PO 121 - Participate in Canadian Aviation, Aerospace, Aerodrome Operations and Aircraft Manufacturing and Maintenance Community Familiarization Activities
- PO 129 - Communicate Using the Phonetic Alphabet and Numbers
- PO 130 - Participate in Aviation Activities
- PO 140 - Participate in Aerospace Activities
- PO 160 - Participate in Aerodrome Operations Activities
- PO 170 - Discuss Aircraft Maintenance and Manufacturing
- PO 190 - Participate in an Aircrew Survival Exercise

Qualification Achieved (Y/N): _____ Date: _____