

Royal Canadian Sea Cadets – D of E Program Equivalencies

For Expedition section:

- M423.01 – Identify Aspects of a Chart
- M423.03 – Describe Latitude and Longitude
- M423.04 – Plot a Fix
- C423.01 – Plot a Position Using a Three-Bearing Fix
- M423.02 – Use Navigation Instruments

To happen on an upcoming Training Weekend or Day.

For Service section:

- M102.01 – Perform Community Service
- C102.01 – Participate in a Ceremonial Parade
- C102.02 – Perform Community Service
- M202.01 – Perform Community Service
- M302.01 – Perform Community Service
- M309.07 – Instruct a 15-Minutre Lesson
- C309.03 – Instruct a 15-Minute Lesson
- C309.06 – Instruct a 15-Minute Drill Lesson
- M402.01 – Perform Community Service
- M409.05 – Instruct a 30-Minute Lesson
- C409.02 – Instruct a 30-Minute Lesson
- C409.03 – Act as an Assistant Instructor
- C409.05 – Act as an Assistant Drill instructor
- C409.06 – Instruct a 30-Minute Lesson
- 502PC – Perform Community Service
- 503PC – Conduct an Activity

Perform community service classes & participate in ceremonial parade classes do not happen on Monday nights. Cadets can ask the TrgO for how much time they can count towards their service section based on these lessons.

For Physical Fitness section:

- M105.01 – Participate in Organized Recreational Team Sports
- C105.01 – Participate in Organized Sports Tabloids
- C105.02 – Participate in an Organized Intramural Sports Event
- C105.03 – Participate in an Orienteering Event
- M108.01 – Adopt the Position of Attention, Stand at Ease, and Stand Easy
- M108.02 – Execute a Salute at the Halt without Arms
- M108.03 – Execute Turns at the Halt
- M108.04 – Close to the Right and Left
- M108.05 – Execute Paces Forward and to the Rear
- M108.06 – Execute the Movements Required for Right Dress
- M108.07 – Execute an Open Order and Close Order March
- M108.08 – March and Halt in Quick Time
- M108.09 – Execute Marking Time, Forward, and Halting in Quick Time
- M108.10 – Execute a Salute on the March
- M108.11 – Pay Compliments with a Squad on the March
- C108.01 – Execute Supplementary Drill Movements
- C108.CA – Participate in a Drill Completion
- C111.04 – Participate in Summer Biathlon Activity
- M204.01 – Perform the Pacer (Beginning Year)
- M204.05 – Perform the Pacer (End Year) 5/7

All cadets can count MX05.01 for a maximum of 4.5 hours, spread across and dated any Monday fitness night.

Cadets on either of our drill teams can count any of the drill lessons listed for the various drill practices or CDs we have done. Talk to the TrgO for details.

Cadets on the biathlon team: C111.04 & C211.04 = 2.5hrs each, C211.02 & C211.03 = 30mins each, all spread out dated any of the biathlon practices.

Cadets on the orienteering team can count C105.03 for 60mins dated any orienteering practice.

Royal Canadian Sea Cadets – D of E Program Equivalencies

C204.01 – Perform the Pacer (Mid Year)
M205.01 – Participate in Organized Recreational Team Sports
M208.01 – Execute Left and Right Turns on the March
M208.02 – Form Single File from the Halt
C208.01 – Practice Ceremonial Drill as a Review
C208.02 – Execute Drill with Arms
C211.02 – Run on Alternate Terrain
C211.03 – Fire the Cadet Air Rifle using a Sling Following Physical Activity
C211.04 – Participate in a Competitive Summer Biathlon Activity
M304.02 – Participate in the Cadet Fitness Assessment
C304.01 – Participate in the Cadet Fitness Assessment
M305.01 – Participate in Organized Recreational Team Sports
M308.01 – Prepare a Squad for Parade
M308.02 – Deliver Words of Command
C308.01 – Execute Flag Drill
C308.02 – Deliver Words of Command
C311.01 – Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity
C311.02 – Participate in a Recreational Summer Biathlon Activity
M405.01 – Participate in Organized Recreational Team Sports
M408.03 – Command a Squad
M504.01 – Participate in the Cadet Fitness Assessment

Skills you can work on as a cadet through your training that can count towards the Skills section:

Biathlon
Colour party
Officiating and refereeing
Coaching a sports team
Instructional techniques
Power boating (SCOP)
Naval communications
Marksmanship
Rifle drill
Designing drill sequence
Music training
Sailing
Effective speaking
Navigation
Seamanship
First aid
Orienteering
Whaler training
Note: This is meant to be a guide and not an exhaustive list of potential skills offered in the Sea Cadet Program