

# RCSCC Ajax Warning Order



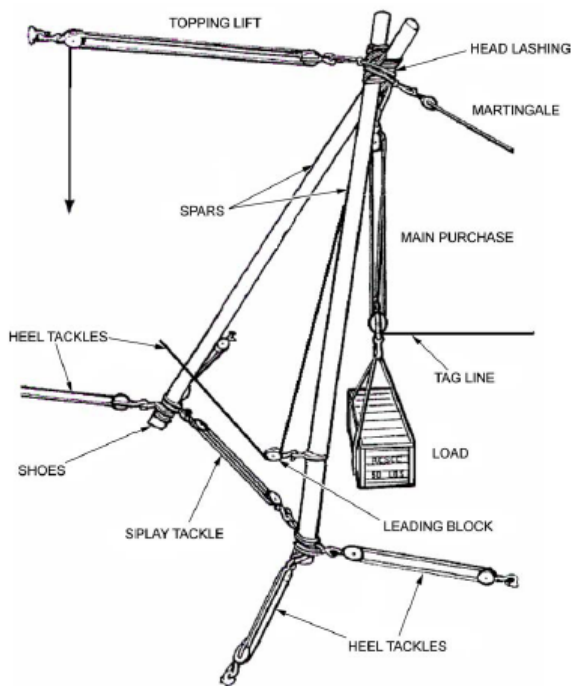
Activity: **Seamanship Training Day**  
When: Saturday, October 1, 2022  
Dress: C5 (STU)  
Drop off: 0845 at the Ship  
Pick up: 1700 at the Ship  
Lunch: Lunch is provided, but you are welcome to bring some snacks, refillable water bottle with water, etc. (\*\*reminder – this is a nut free building)

## **KIT LIST:**

Note: you must have the following items with you.

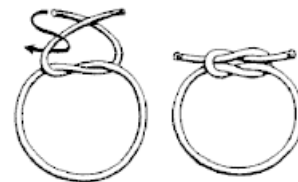
- ✓ **Health Card** (must be the physical card, no photocopies)
- ✓ Re-fillable water bottle
- ✓ C5 (STU) Uniform (wearing):
  - Boots, wool socks, pants, belt, black t-shirt, blue dress shirt, ball cap
  - Cadet issued parka (bring inner and outer)
- ✓ Sunscreen;
- ✓ Sunglasses with strap.

\*Please note that it may be cool/rainy on this weekend, but we can stay inside in the event of bad weather.



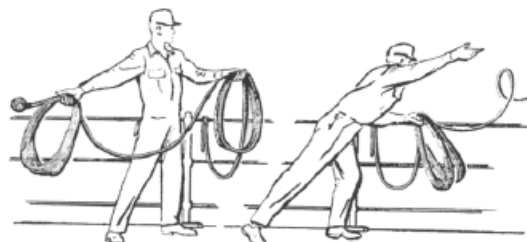
CFCD 105 Seamanship Rigging and Procedures Manual

Figure 4 Bowline



CFCD 105 Seamanship Rigging and Procedures Manual

Figure 1 Reef Knot



Royal Canadian Sea Cadets Manual Volume 2, 1983

Figure 2 Throwing a Heaving Line