

Navy League Cadets



Naval Knowledge

Naval Knowledge Word Search

Workbook

www.navyleague.ca



The Navy League of Canada
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SEA CADET SUMMER TRAINING

Year 1	Year 2, 3, 4	Specialty
<p>General Training (2 weeks)</p>	<p>Boatswain Gunnery Music Sailing</p> <p>Three years in the same trade: 2nd Year - 3 weeks 3rd Year - 6 weeks 4th Year - 6 weeks</p>	<p>Advanced Racing</p> <p>Sail Instructor</p> <p>Cookery</p> <p>Medical Assistant</p> <p>Shipwright</p> <p>Marine Engineering</p> <p>(all 6 weeks)</p>

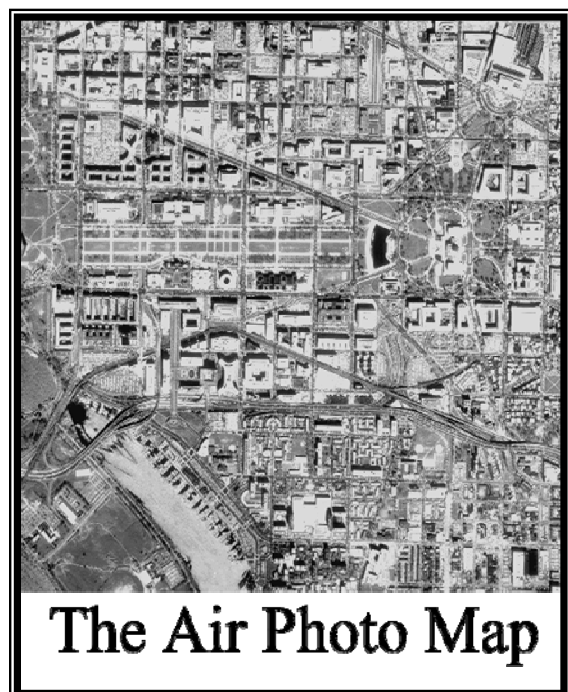
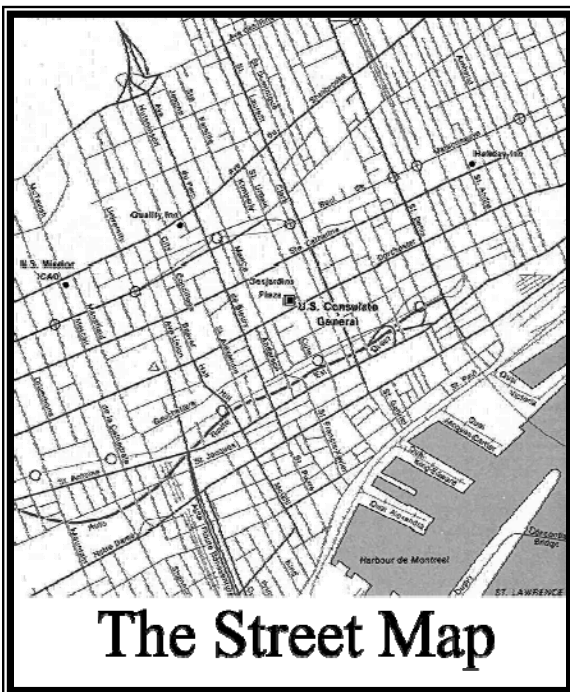
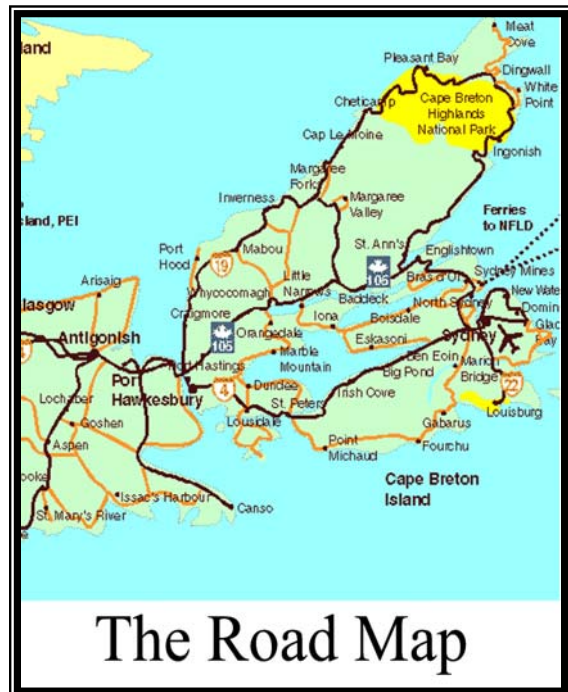
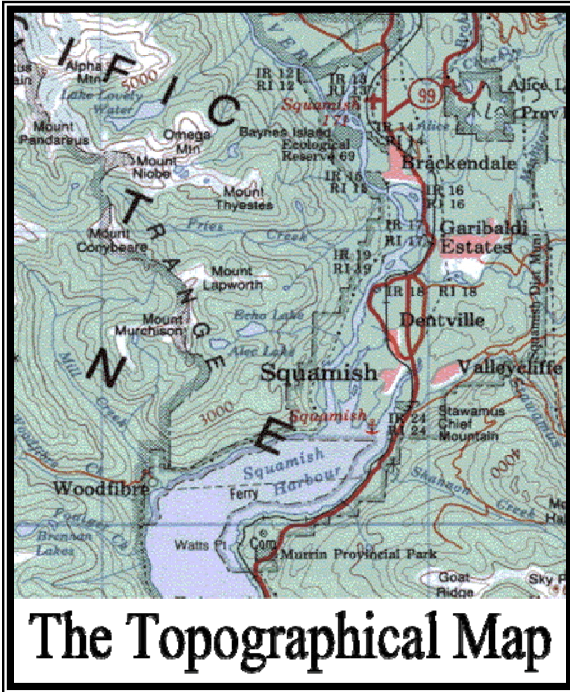
Exchanges

Australia
Bermuda
India
Japan


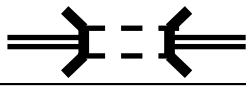

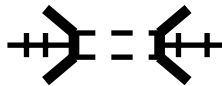

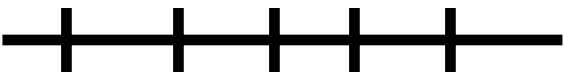

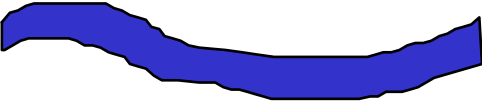











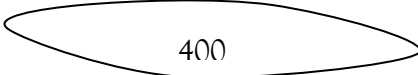
Korea
Netherlands
Singapore
Sweden

United Kingdom
USA

TYPES OF MAPS

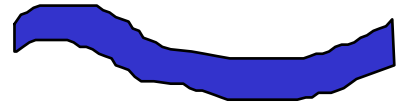


MAP SYMBOLS

	
Paved Road with 2 lanes (red line)	Road Tunnel
	
Paved Road - less than 2 lanes (red line)	Railway Tunnel
	
Road - Dirt Surface (black)	Single Track Railroad
	
Bridge	Large River (blue)
	
Small River or Stream (blue)	Small River or Stream (blue)
	
Concrete Bridge	House
	
	Church
	
	School
	
Telephone Lines	Dam
	
Electrical Power Lines	Spot Height
	
Reservoir	Contour Lines

Match the map symbol with its picture

Electrical Power Lines



Telephone Lines



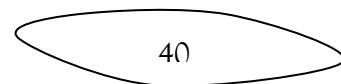
Contour Lines



School



Large River



Road Tunnel



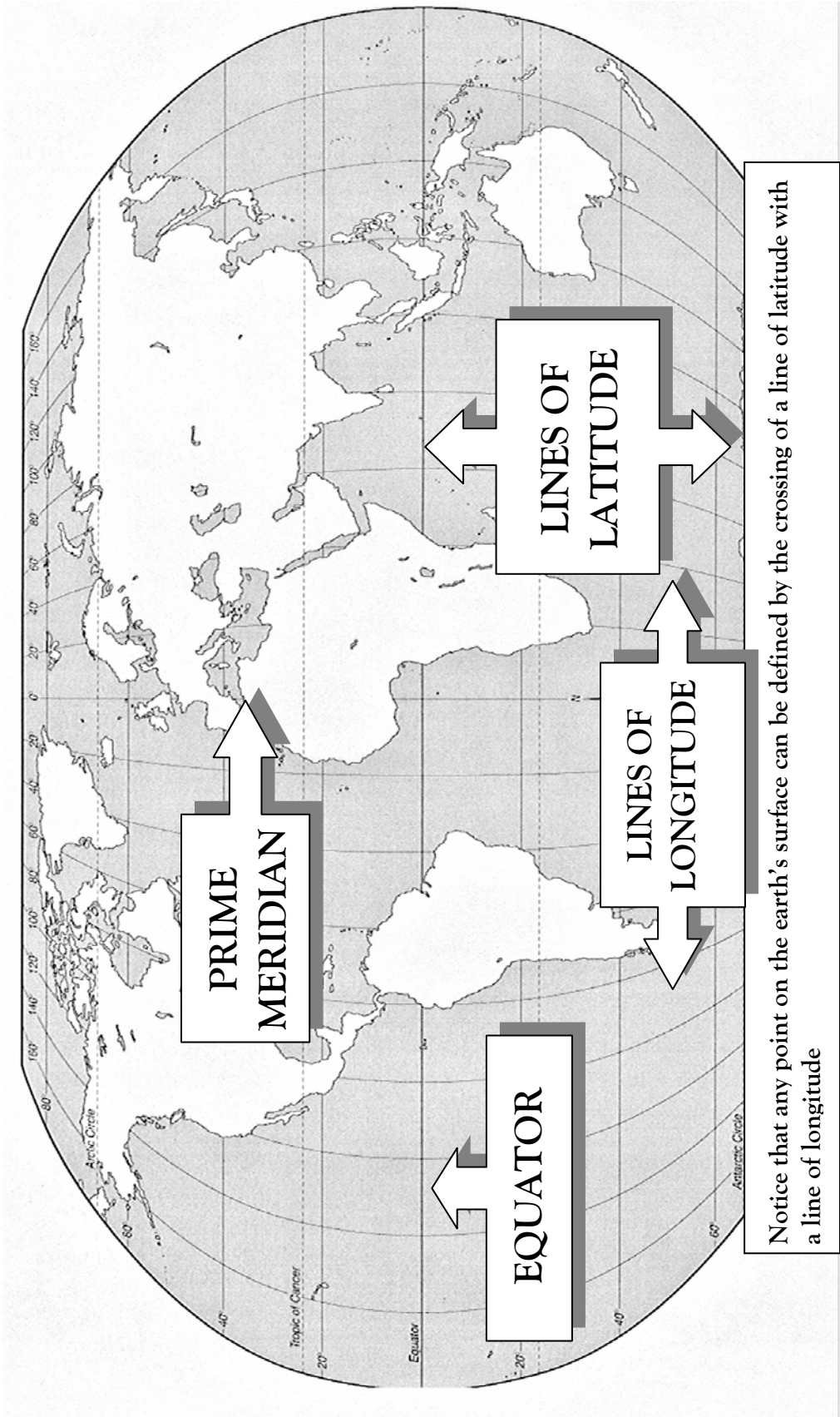
Bridge



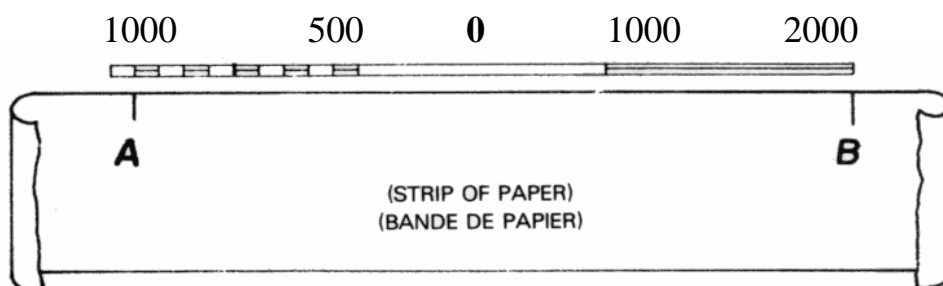
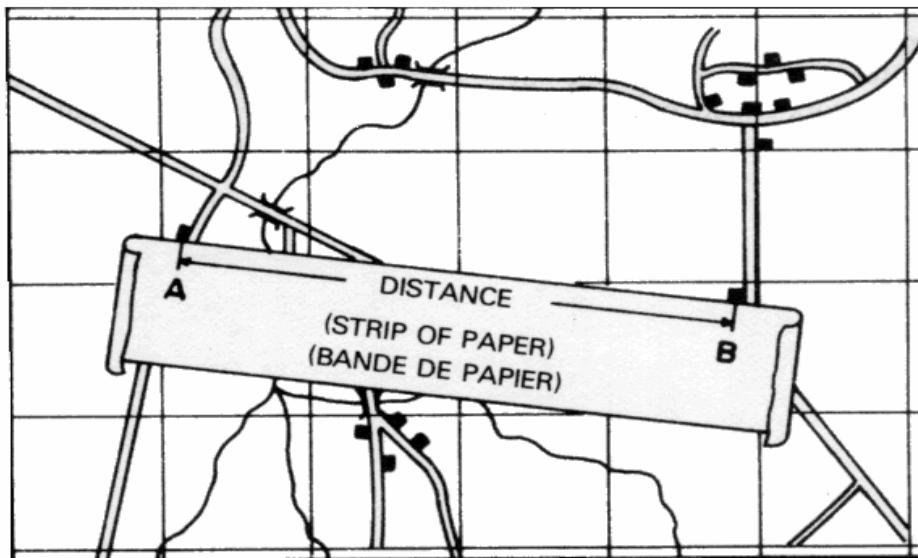
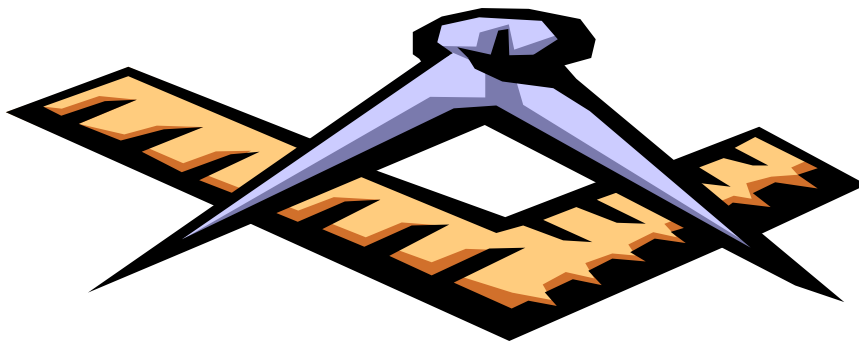
Single Track Railroad



The Earth's Grid



MEASURING DISTANCE POINT-TO-POINT





ORIENTATION WORD SEARCH

E D A O R L I A R E E N
X D U S R P E W B D Q U
S K U I T G I C L U U R
Y C V T D R O J Q T A L
T E H I I N E Q U I T O
R T R O T G R E U T O V
X B U O O M N I T A R U
U E U N E L A O A L J B
L R G T N J P D L B T L
S P A M H E D A O R M D
J J V U X T L B C Z N W
V W E K W Y I T Q N L I

AIR
DAM
LONGITUDE
RIVER
STREET

BRIDGE
EQUATOR
MAPS
ROAD
TUNNEL

CONTOUR
LATITUDE
RAILROAD
SCHOOL



LEADERSHIP STYLE SUMMARY

STYLE	Advantages	Disadvantages
Boss	<ul style="list-style-type: none">• More control over group• Easy to control a larger group• Saves time• Orders travel quickly	<ul style="list-style-type: none">• No leadership development• No input from followers• Commanding rather than leading• No exchange of ideas
Educator	<ul style="list-style-type: none">• Leader sets an example for group to follow• Leader guides and assists by answering questions• Follower skills are improved	<ul style="list-style-type: none">• Requires more time• Only works with smaller groups• May involve plenty of new information for group to learn
Persuader	<ul style="list-style-type: none">• Develop trust with followers• Easy to motivate• 2 way communication	<ul style="list-style-type: none">• Requires much time• Risk being too "friendly"• Only works with smaller groups





10 PRINCIPLES OF LEADERSHIP

1

Always set a good example

2

Know your cadets and look after their welfare

3

Develop the leadership potential of your cadets

4

Make sound and timely decisions

5

Train your cadets to work as a team

6

Explain your ideas and thoughts clearly

7

Keep cadets informed of all activities and any changes

8

Lend a hand

9

Know your strengths and weaknesses

10

Treat others as you would like to be treated

LEADERSHIP CHARACTERISTICS

Determination

Sense of
Responsibility

Honesty

Confidence

Courage

Loyalty

Patience

Decisiveness



Lord Nelson

Enthusiasm

Dependability



Leadership Word Search

P S T R E N G T H S E E
M R S S Y T L A Y O L R
C O I R N R I A F S E A
R V T N E O S D P T Z F
E E Z I C D I F T Y P L
X G D J V I R S X L T E
A D D A N A P O I E H W
M W C W U N T L W C E R
P S S O B S M E E E E A
L T R U S T R F Z S N D
E Q Q F R V I E N A M N
R O T A C U D E P S G P

BOSS
EXAMPLE
MOTIVATE
PRINCIPLES
TRUST

DECISIONS
FAIR
ORDERS
STRENGTHS
WELFARE

EDUCATOR
LOYALTY
PERSUADER
STYLE



PRIMARY SURVEY

STEP 1 - CHECK THE AIRWAY

- See how the casualty answers questions
- One hand on the forehead
- Fingers under the bony part of the jaw
- Push back on the forehead and lift the jaw at the same time



STEP 2 - CHECK FOR BREATHING

- Keep the airway open and check for breathing from 3 to 5 seconds
- Keep the head tilted
- Look for chest movement
- Listen for sounds of breathing
- Feel for breath on your cheek



STEP 3 - CHECK CIRCULATION

- Treat severe bleeding
- Check for shock
- Assess skin temperature using the back of your hand on the forehead, cheek, or neck
- Check skin colour for paleness or blueness
- Look for sweating

RAPID BODY SURVEY

(Check for Bleeding)



Check the head and neck...



... the shoulders, arms and hands...



... the chest and under side...



... the abdomen and under side...



... the pelvis and buttocks...

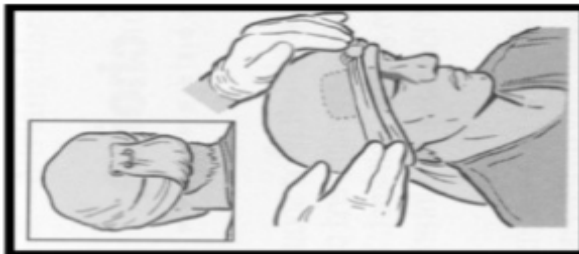


... the legs and feet.

WOUNDS AND BLEEDING

HEAD BANDAGE

1. Place the center of the base in the middle of the forehead, close to the eyebrows
2. Bring the point over the top of the head and down the back. Bring the ends around the back of the head, cross over in the back, and wrap around the front. Secure with a reef knot low on the forehead.
3. Pull the point down to put desired amount of pressure on the dressing. Pull the point back up and fold it underneath



TIE A RING PAD (Doughnut)

To control bleeding when pressure cannot be applied directly to the wound.

1. Make a narrow bandage. Form a loop around one hand by wrapping one end of the bandage twice around four fingers.
2. Pass the loose end through the loop and wrap it around and around until the entire bandage is used up and a firm ring is made.
3. To make a ring pad with a larger loop, tie two narrow bandages together.

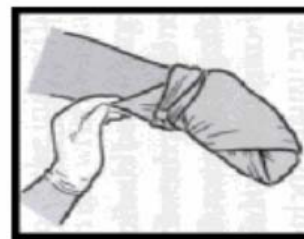
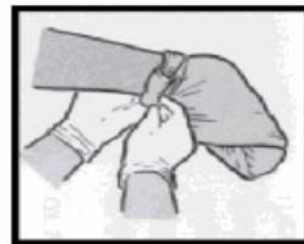


ARM SLING

1. Support forearm of injured limb with wrist and hand slightly higher than the elbow. Place an open triangular bandage between forearm and chest so the point extends beyond the elbow and the base is straight up and down.
2. Bring upper end over shoulder on uninjured side, around the back of the neck to the front of the injured side. Bring the lower end of the bandage over the hand and forearm and tie off on injured side.
3. Bring the point to the front of the elbow and secure with safety pin or "pigtail".
4. Adjust sling to see fingernails and check circulation regularly.



KNEE OR ELBOW BANDAGE



1. Place a bandage on a flat surface with the point away from casualty.
2. Place foot or hand on the bandage with the toes or fingers towards the point. Leave enough bandage at the ankle or wrist. Bring the point up and over the foot or hand to rest on the lower leg or wrist.
3. Bring ends alongside foot or hand and crisscross the folded ends up and around ankle or wrist. Cross the point and wrap extra bandage before tying off.
4. Tie off over the point. If the point extends beyond the knot, pull it up to apply the desired pressure. Fold it down and tuck

FOOT OR HAND



1. Use triangular bandage as a whole cloth with a narrow hem folded along the base. Place the center of the base on the leg below the kneecap with the point toward the top of the leg (or to bandage an elbow, on the forearm with the point toward the shoulder).
2. Bring ends around the joint, crossing over the point in front of the elbow or at the back of the hand.



1. Bring the ends up and tie off over the point. Pull the point up to put the right amount of pressure on the dressing. Fold and secure with a pin or a tuck
2. For an elbow, tie the bandage the same way as for a ^{knnee}

TYPES OF BURNS



HEAT

ELECTRICAL



CHEMICAL



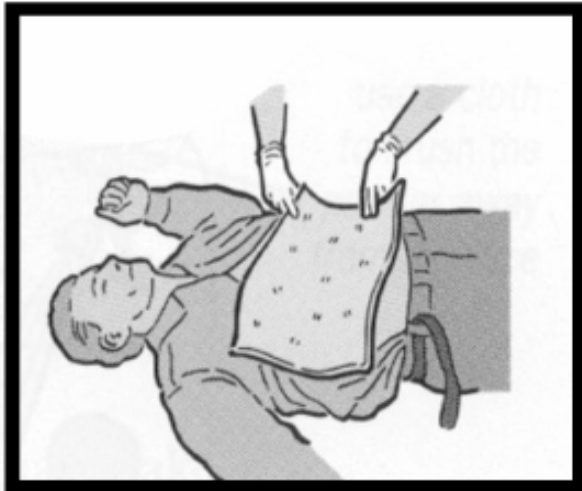
FIRST AID FOR HEAT BURNS



Immerse the burned area in cool water



Pour cool water on the burn

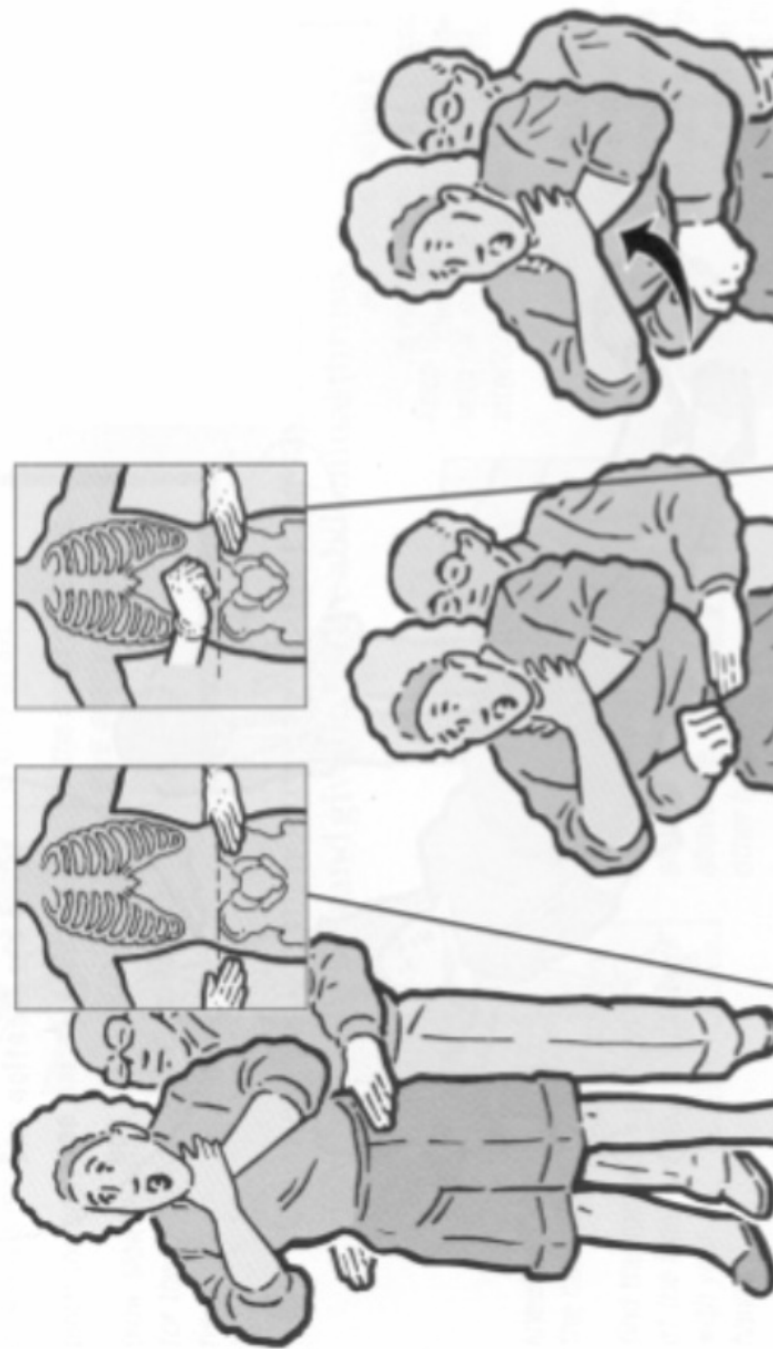


Cover the burned area with cloths
soaked with cool water



Use a sterile dressing if available

ABDOMINAL THRUSTS (CONSCIOUS)

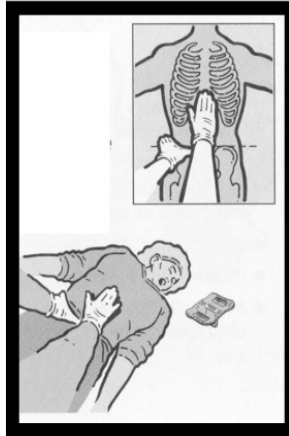
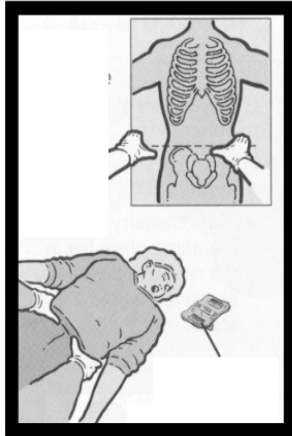


Find the top of the hip bones.
Place a foot between the casualty's feet for a solid position

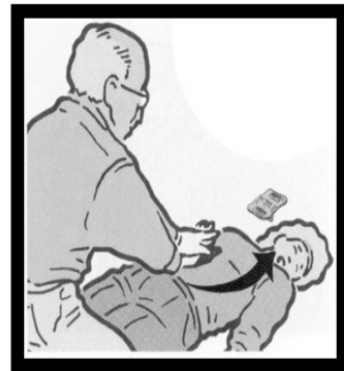
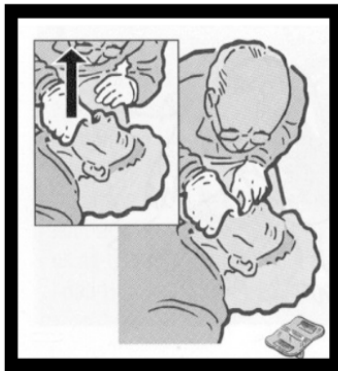
Place your fist midline, just above the other hand

Hold the fist with the other hand and press inward/upward with a sudden, forceful thrust - this is an abdominal thrust

ABDOMINAL THRUSTS (UNCONSCIOUS)



1. Kneel astride the casualty - find the top of the hips with your hand
2. Place the heel of one hand midline, slightly above the other hand
3. Keep the fingers raised, in line with the center of the body - give up to five quick, inward and upward thrusts with the intention of removing the object

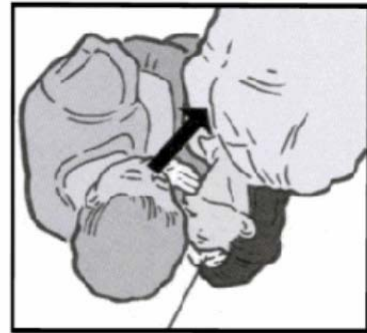
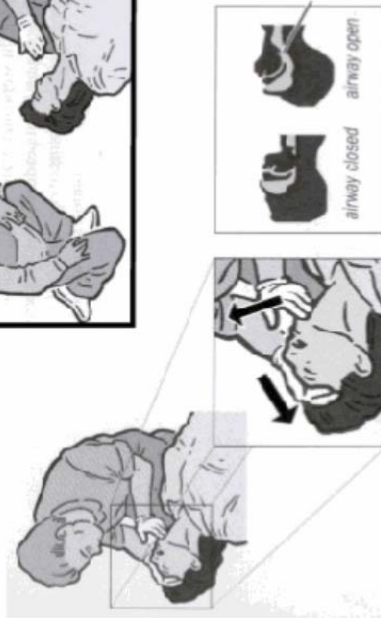


4. Tongue-jaw lift and finger sweep
5. Tilt the head and try to ventilate twice
6. Give up to five abdominal thrusts

Keep repeating steps 4, 5, and 6 until the object is removed or the chest is rising and falling on its own.

ARTIFICIAL RESPIRATION

1. Ask the casualty if he/she is OK. Assess any response. Gently tap the shoulders. If there is no response, move to step 2.
2. Send for medical help.
3. Place casualty face up, protecting the head and neck during any movement. Open the airway by tilting the head (push back on the forehead and lift the jaw).
4. Check for breathing for 3-5 seconds:
 - Keep the head tilted
 - Place your ear just above the casualty's mouth
 - Look for chest movement
 - Listen for sounds of breathing
 - Feel for breath on your cheek
5. Breathe into the casualty twice. For an adult casualty, blow for 1 1/2 to 2 seconds. Use enough air to make the chest rise.
 - Take a deep breath and seal your mouth around the casualty's mouth
 - Pinch the nostrils
 - Blow slowly and watch for the chest to rise
 - Move your mouth away and release the nostrils to allow air to escape
 - Look for the chest to fall, listen for air sounds and feel for air being exhaled against your cheek
 - Give another breath
 - Check for a pulse at the neck on the side closest to you - never take a pulse from both sides of the neck at the same time.





First Aid Word Search

A R N L A C I M E H C L
I E O B N B M G W B A N
R S I I R D A O N N A L
W P T S Y E U N I I A A
A I A H U N A M D C L I
Y R L S D O O T I A B S
S A U S U D I R H Y G A
N T C H B R T C S I J E
R I R A E C V A S C N A
U O I Z E A M E Y N Z G
B N C L V F T F Y T O A
G I E G N I D E E L B C

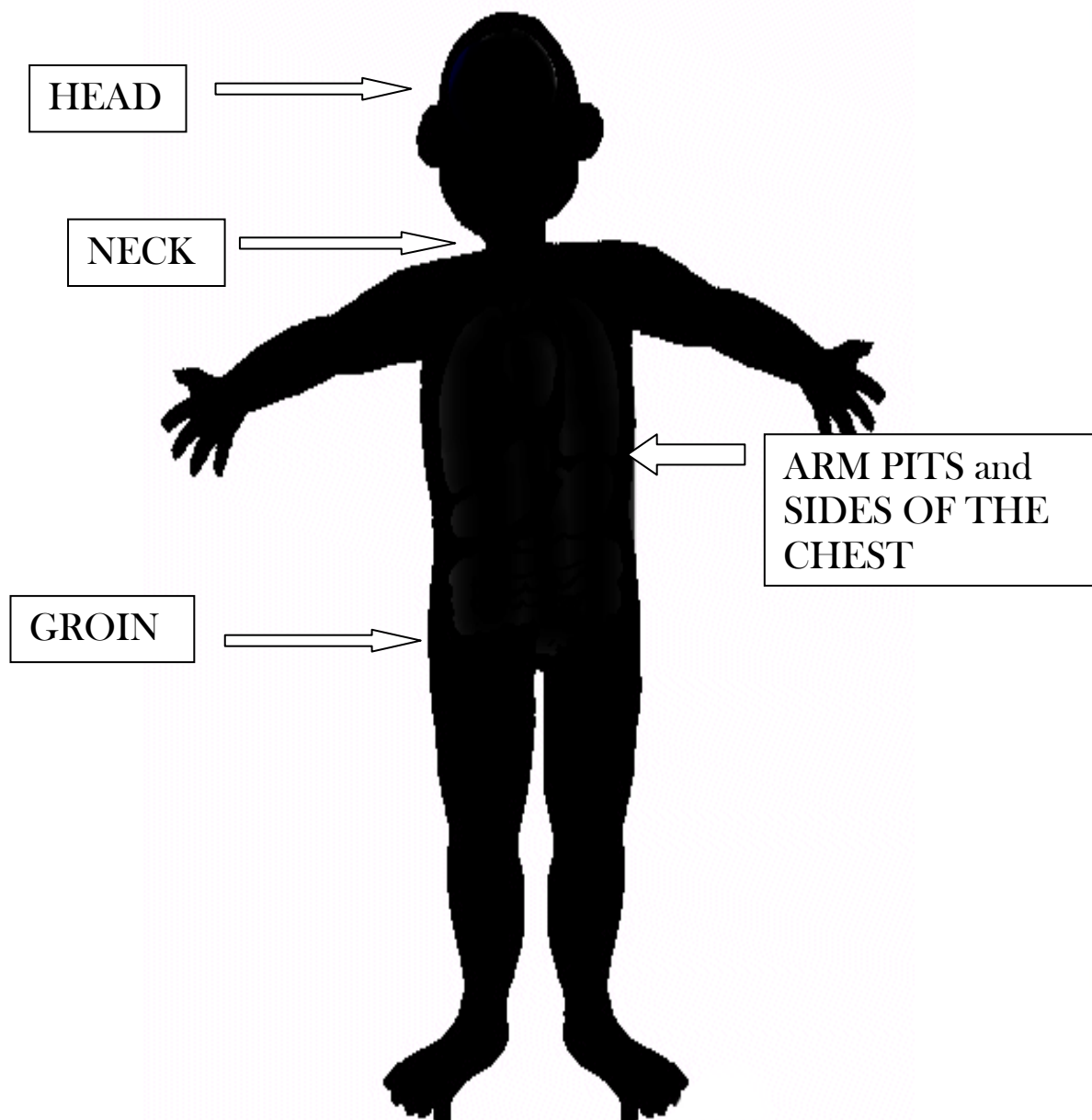
ABDOMINAL
BLEEDING
CHEMICAL
ELECTRICAL
SLING

AIRWAY
BREATHING
CIRCULATION
HEAT
SURVEY

BANDAGE
BURNS
CONSCIOUS
RESPIRATION
WOUNDS



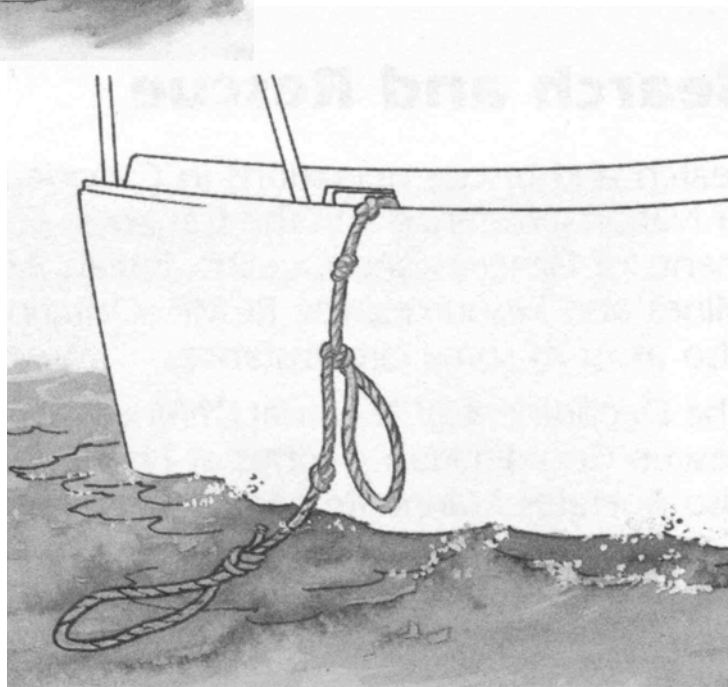
Hypothermia is the Lowering of the Body Core Temperature




Helpful positions when immersed in cold water...



ALTERNATE RECOVERY METHODS (No Ladder)



CANADIAN CAPACITY PLATE

Garde côtière  Coast Guard

CAPACITÉ MAXIMUM CAPACITY
PAR BEAU TEMPS - IN FAIR WEATHER

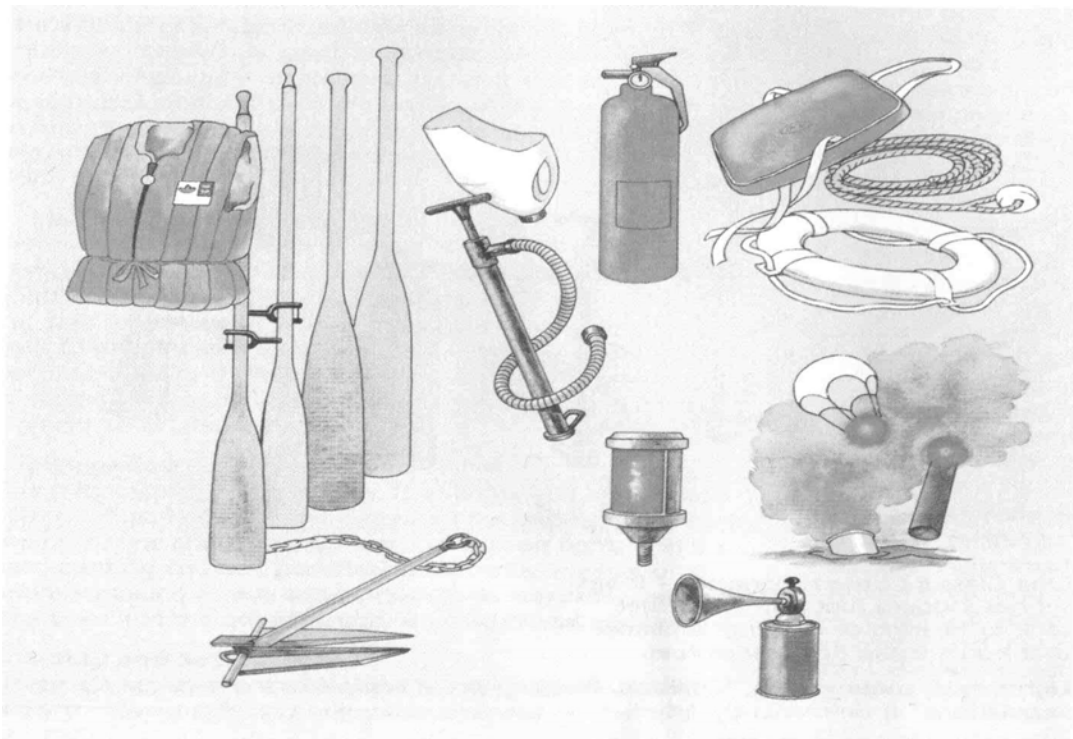
CHARGE* _____ kg _____ lbs	ADULTES 3 ADULTS	PUISSANCE _____ kW _____ HP POWER _____
LOAD* _____	* PERSONNES MOTEUR ESSENCE GREEMENT - PERSONS MOTOR GAS GEAR	
CONSTRUCTEUR-BUILDER	MODELE-MODEL	

Le fabricant certifie que ce produit est conforme aux Normes de construction des petits bateaux. The manufacturer certifies that this product complies with the Construction Standards for Small Vessels.

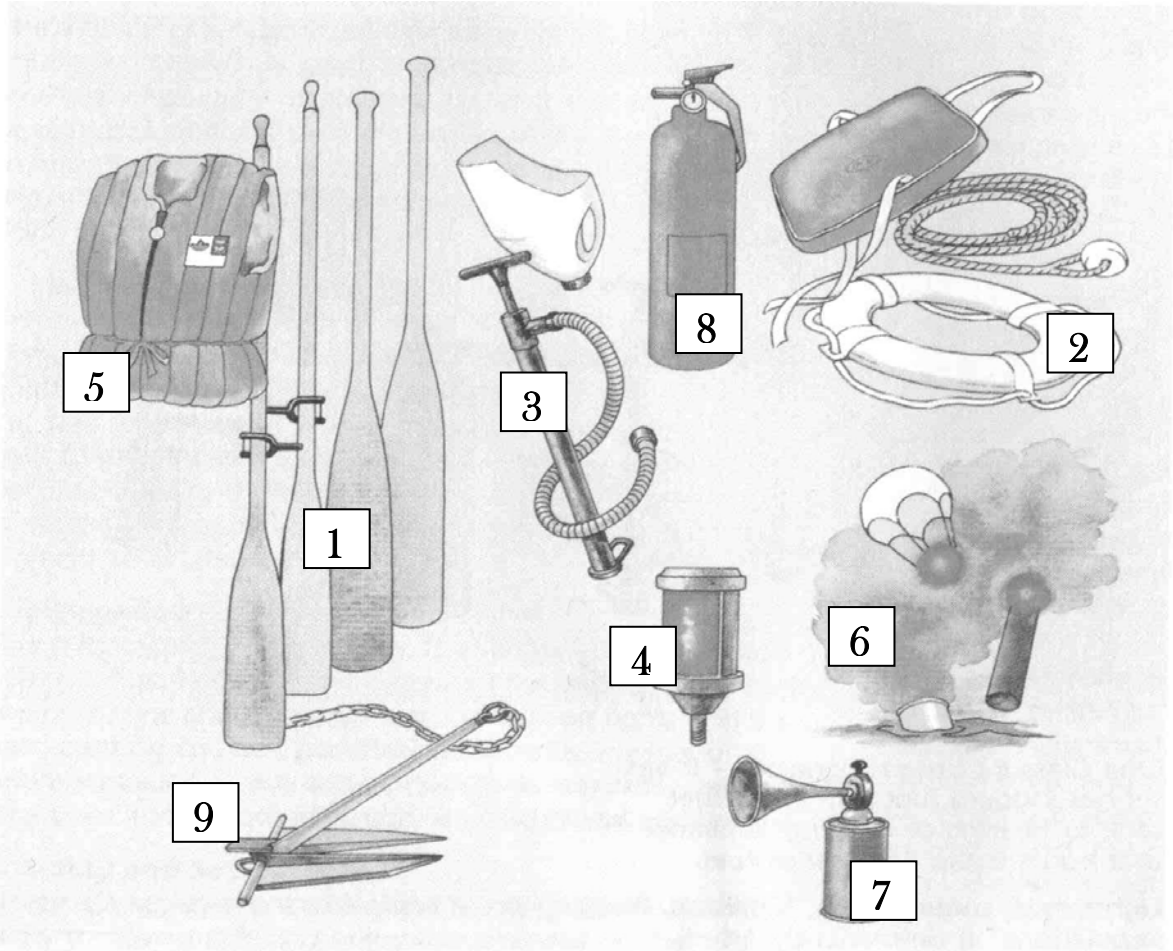
REQUIRED EQUIPMENT

(for vessels more than 5.5m and up to 8m in length)

1. One approved lifejacket or PFD for each person on board
2. Two oars with rowlocks or two paddles
3. One anchor with 1.5m chain (minimum), cable or rope
4. One bailer or one manual pump
5. One Class B-I fire extinguisher if vessel is power driven
6. Proper lighting under "*Collision Regulations*"
7. Some type of sound signaling device
8. Approved distress flares if vessel has sleeping accommodations or is more than 1 nautical mile
9. An approved lifesaving cushion or a buoyant heaving line (recommended length minimum 15m) or appropriate life buoy



Identify the required equipment onboard a vessel



1.	2.	3.
4.	5.	6.
7.	8.	9.



PRE-DEPARTURE CHECKLIST

- . What is the weather forecast?
- . Any local hazards or boating restrictions?
- . Do you have maps or charts?
- . Are there enough personal flotation devices of appropriate size for everyone on board?
- . All safety equipment in good working order?
- . Ample reserves of fuel for the trip or will you need to refuel?
- . Is your VHF radio working properly?
- . First aid kit, basic tools and spare parts?
- . Have you let someone know where you're going, when to expect you back and what your boat looks like?

Note: Photocopy and use this checklist every time you go boating

SAILING PLAN

Canadian
Coast Guard

Garde côtière
canadienne

VESSEL NAME AND NUMBER		<input type="checkbox"/> SAIL	<input type="checkbox"/> POWER
NAME AND ADDRESS		TELEPHONE	
VESSEL SIZE AND TYPE			
COLOUR ▲	HULL	DECK	CABIN
TYPE OF ENGINE(S)			
OTHER DISTINGUISHING FEATURES			
RADIO AND CHANNELS MONITORED	HF CHANNEL	VHF CHANNEL	CB CHANNEL
	LIFE RAFTS		
SKIFF DORY OR SMALL BOAT (COLOUR)			
OTHER SAFETY EQUIPMENT			
FLARES (NUMBER)		LIFEJACKETS (NUMBER)	
OTHER			
WHERE TO CALL FOR SEARCH AND RESCUE			
CALL COLLECT BY DIALING "0" + THE AREA CODE + THE NUMBER			
EAST	CENTRAL	WEST	
R.C.C. HALIFAX 902-427-8200 1-800-565-1582	R.C.C. TRENTON 613-392-2811 (613) 965-3870-3875 or 1-800-267-7270	R.C.C. VICTORIA IN VANCOUVER 604-566-4301/4302	
M.R.S.C. ST. JOHN'S 709-772-5151 OTHER AREAS 1-800-563-2444	M.R.S.C. QUEBEC CITY 418-648-3599 1-800-463-4393 (FOR 1-800 PLEASE DIAL DIRECTLY)	IN VICTORIA 604-380-2333 OTHER AREAS 1-800-742-1313 R.C.C. EDMONTON 403-973-4402 1-800-661-5631	
POLICE			
OTHER			

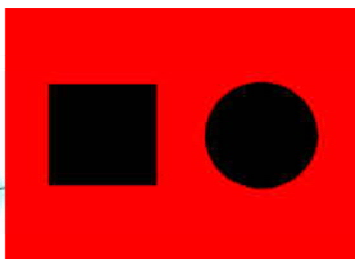
LIST DETAILS FOR EACH TRIP ON REVERSE SIDE

85-0312 (11-82)
(VERSION FRANÇAISE 85-0313)

TRIP NO. 1		NO. ON BOARD
DATE	TIME	GOING TO
LEAVING FROM		
PROPOSED ROUTE AND TIME OF ARRIVAL		
RETURNING ON-DATE		
CALL SEARCH AND RESCUE AT ▲	TIME	DATE
TRIP NO. 2		
DATE	TIME	NO. ON BOARD
LEAVING FROM		
PROPOSED ROUTE AND TIME OF ARRIVAL		
RETURNING ON-DATE		
CALL SEARCH AND RESCUE AT ▲	TIME	DATE
TRIP NO. 3		
DATE	TIME	NO. ON BOARD
LEAVING FROM		
PROPOSED ROUTE AND TIME OF ARRIVAL		
RETURNING ON-DATE		
CALL SEARCH AND RESCUE AT ▲	TIME	DATE
TRIP NO. 4		
DATE	TIME	NO. ON BOARD
LEAVING FROM		
PROPOSED ROUTE AND TIME OF ARRIVAL		
RETURNING ON-DATE		
CALL SEARCH AND RESCUE AT ▲	TIME	DATE
TRIP NO. 5		
DATE	TIME	NO. ON BOARD
LEAVING FROM		
PROPOSED ROUTE AND TIME OF ARRIVAL		
RETURNING ON-DATE		
CALL SEARCH AND RESCUE AT ▲	TIME	DATE

NOTIFY THE PERSON HOLDING THIS SAILING PLAN OF ANY CHANGES
ESPECIALLY LATE ARRIVAL PLANS

DISTRESS SIGNALS

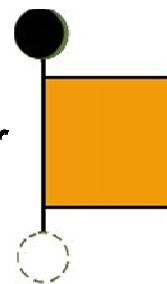


1. Distress Cloth

2. Emergency Position Indicating Radio beacon (EPIRB)



N
Over
C



Ball
Over
or
Under
Square

3. Arm Signal

4. Code Flags



5. Sound Signals

DISTRESS SIGNALS (cont...)



Parachute
Rocket



Multi-star
Rocket



Hand-held



Buoyant Orange
Smoke

6. Flares

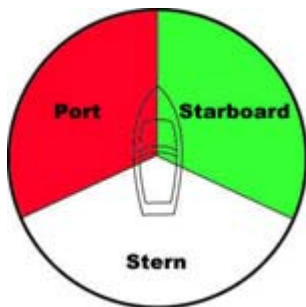


7. Dye Marker



8. Flashlight

Operating Rules (Right of way)



Port: If a power-driven vessel approaches within this sector, maintain your course and speed with caution.

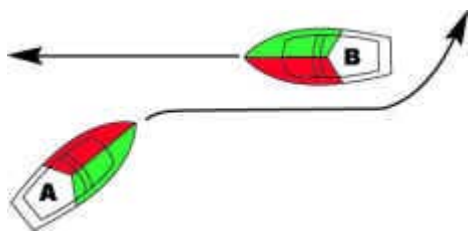
Starboard: If any vessel approaches within this sector, keep out of its way (Note: This rule may not always apply if one or both vessels are sailboats.)

Stern: If any vessel approaches this sector, maintain your course and speed with caution.

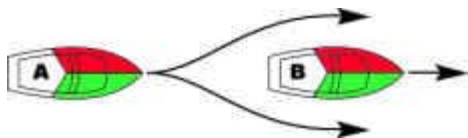


A blows one blast and alters course to starboard.

B blows one blast and alters course to starboard



A keeps clear of and must avoid crossing ahead of **B**.

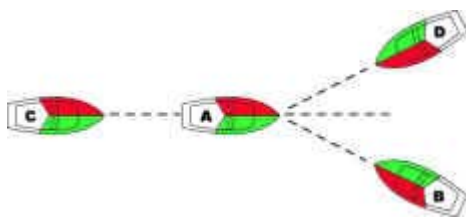


Any vessel overtaking another must keep clear.

Rules of the Road

The rules of the road are established by the [Collision Regulations](#) and apply to every vessel in all navigable waters - from canoe to super tanker. For information on the Canadian Aids to Navigation System, please visit:

www.tc.gc.ca/BoatingSafety/sbg-gsn/menu.htm

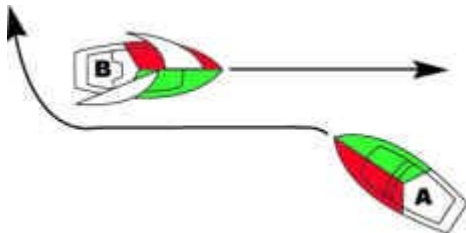


A keeps clear of **B**

C keeps clear of **A** and **B**

B keeps clear of **D**

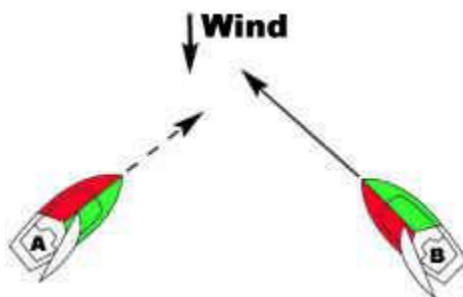
D keeps clear of **A** and **C**



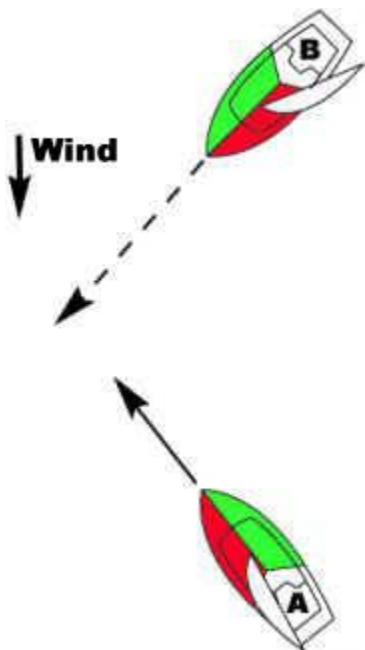
A power-driven vessel keeps clear of a sailing vessel.

Rules of the Road (con't)

When each sailing vessel has the wind on a different side, the vessel that has the wind on its port (left) side shall keep out of the way of the other. In our illustration, **A** keeps clear of **B**.



If a sailing vessel has the wind on its port side and the sailor cannot determine with certainty whether the other vessel has the wind on its port or starboard side, the first vessel must keep out of the way of the other.



When both sailing vessels have the wind on the same side, the vessel to windward shall keep out of the way of the vessel to leeward. **B** keeps clear of **A**.

Note: The windward side is defined as the side opposite to that of which the mainsail is carried or, in the case of a square-rigged vessel, the side opposite to that on which the largest for-and-aft sail is carried.

Boat Work Word Search

H	T	S	A	F	E	T	Y	X	I	N	S
Y	E	D	I	S	T	R	E	S	S	N	C
P	K	P	H	R	Y	O	Z	A	O	O	S
O	C	A	U	A	M	Z	Q	I	A	R	A
T	A	D	D	D	N	V	T	S	M	O	I
H	J	D	D	I	Q	C	T	Z	Z	H	L
E	E	L	L	O	I	G	R	Q	V	C	I
R	F	E	E	R	U	M	I	K	N	N	N
M	I	U	T	A	S	N	I	S	Z	A	G
I	L	S	R	R	E	C	O	V	E	R	Y
A	E	D	E	Q	U	I	P	M	E	N	T
R	F	L	A	R	E	S	Z	H	E	L	P

ANCHOR	COASTGUARD	DISTRESS
EQUIPMENT	FLARES	HELP
HUDDLE	HYPOTHERMIA	LIFE JACKET
PADDLE	RADIO	RECOVERY
RESTRICTIONS	SAFETY	SAILING



Naval Terms

Naval Term	Translation
aft	in the direction of the stern (rear) of a ship
aye aye	means "order understood and I will follow"
boatswain's stores	storeroom for cleaning gear
bulkhead	wall
colours	ceremony of hoisting the National Flag
coxswain	the senior petty officer on a ship
deck	floor
duty watch	division selected to look after corps preparation and clean up
fore	in the direction of the bow (front) of a ship
galley	kitchen
gangway	passageway (like a hallway)
gash-can	garbage can
heads	toilets
kye	hot chocolate
liberty boat	after being dismissed and are free to go "ashore"
out pipes	a pipe indicating the end of stand easy
pipe	sound produced from a Boatswain's Call; all pipes have meaning
pipe down	keep quiet
port	the left side
scran locker	lost and found
secure	to close up, put away gear
ship's company	refers to all personnel on a ship, or at a corps
stand easy	a break
starboard	the right side
stow	to put away
sunset	the ceremony of lowering the National Flag



Phonetical Alphabet

Alpha	Bravo
Charlie	Delta
Echo	Foxtrot
Golf	Hotel
India	Juliet
Kilo	Lima
Mike	November
Oscar	Papa
Quebec	Romeo
Sierra	Tango
Uniform	Victor
Whiskey	X-ray
Yankee	Zulu



Naval Time

Convert the following times into the 24 Hour Clock

12:54 p.m.

3:23 a.m.

5:08 a.m.

8:35 p.m.

11:17 p.m.

Convert the following times into the 12 Hour Clock

0055

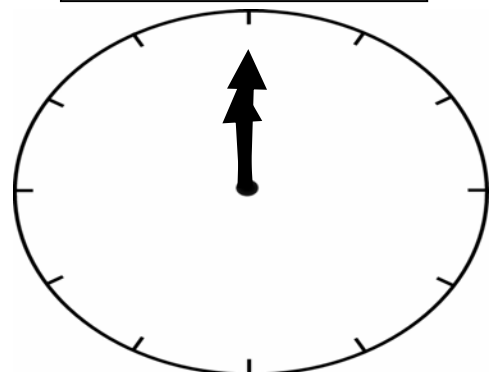
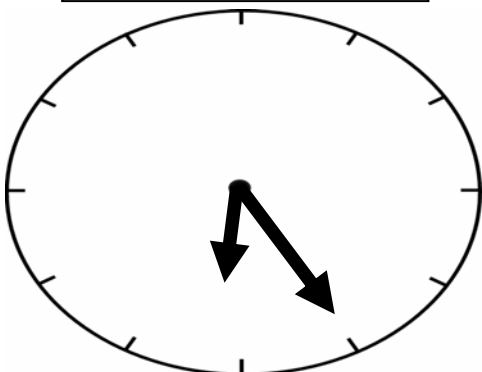
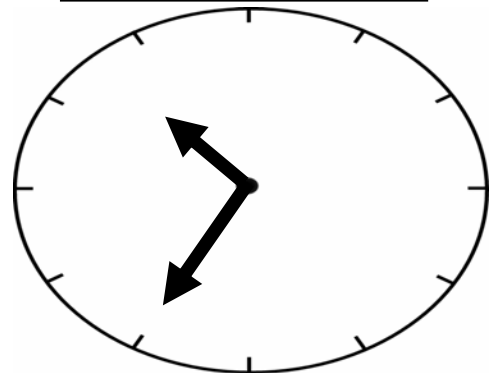
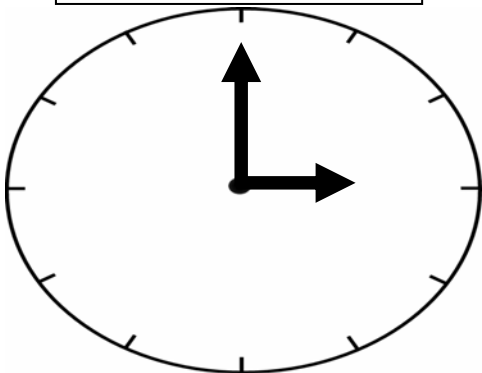
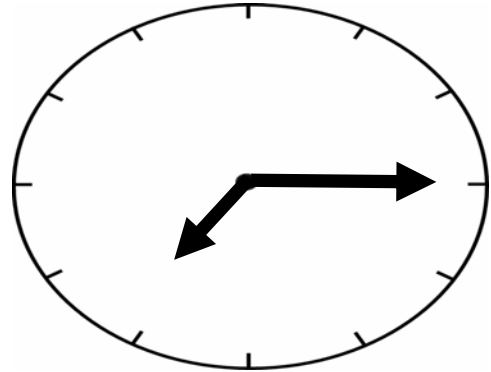
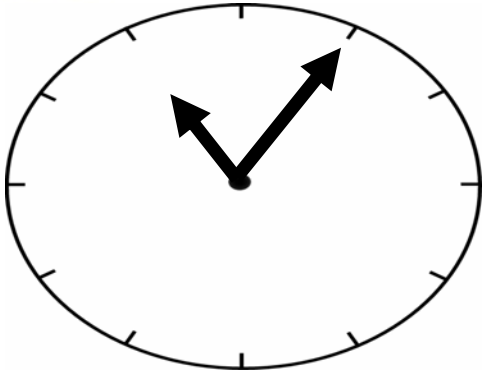
0342

1111

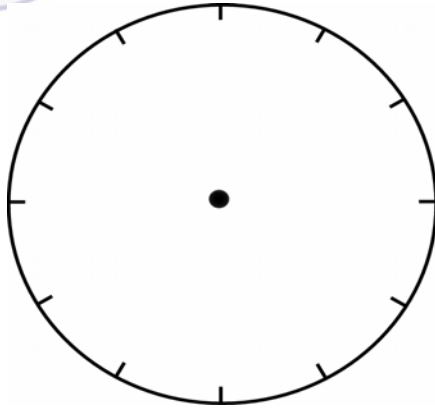
0001

1229

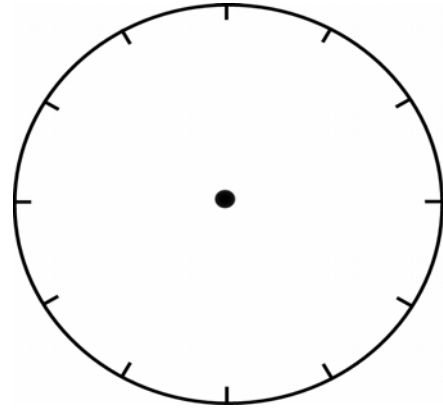
Write the proper military time
for the following clocks



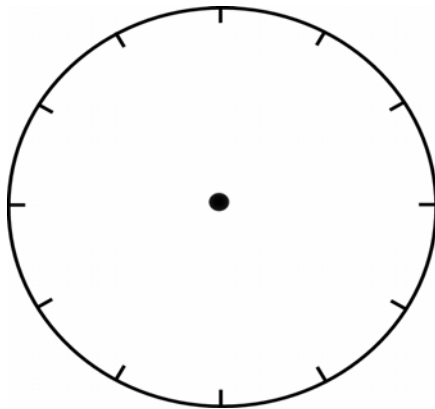
Draw the hands on the clock
to match the military time



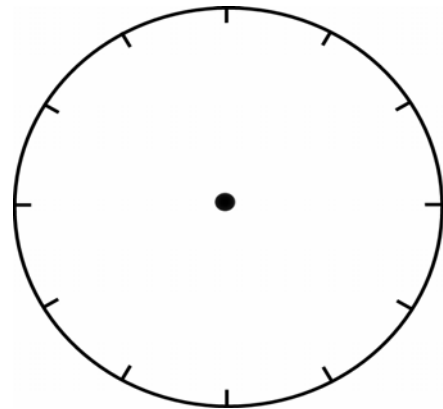
1630



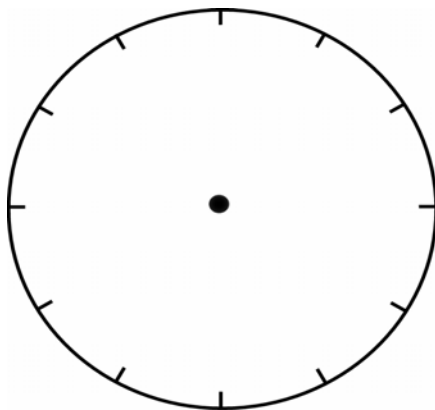
0850



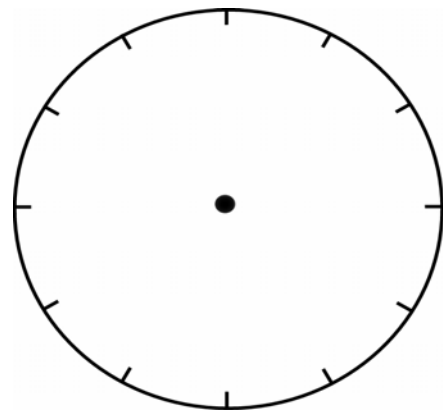
2359



0015



1210

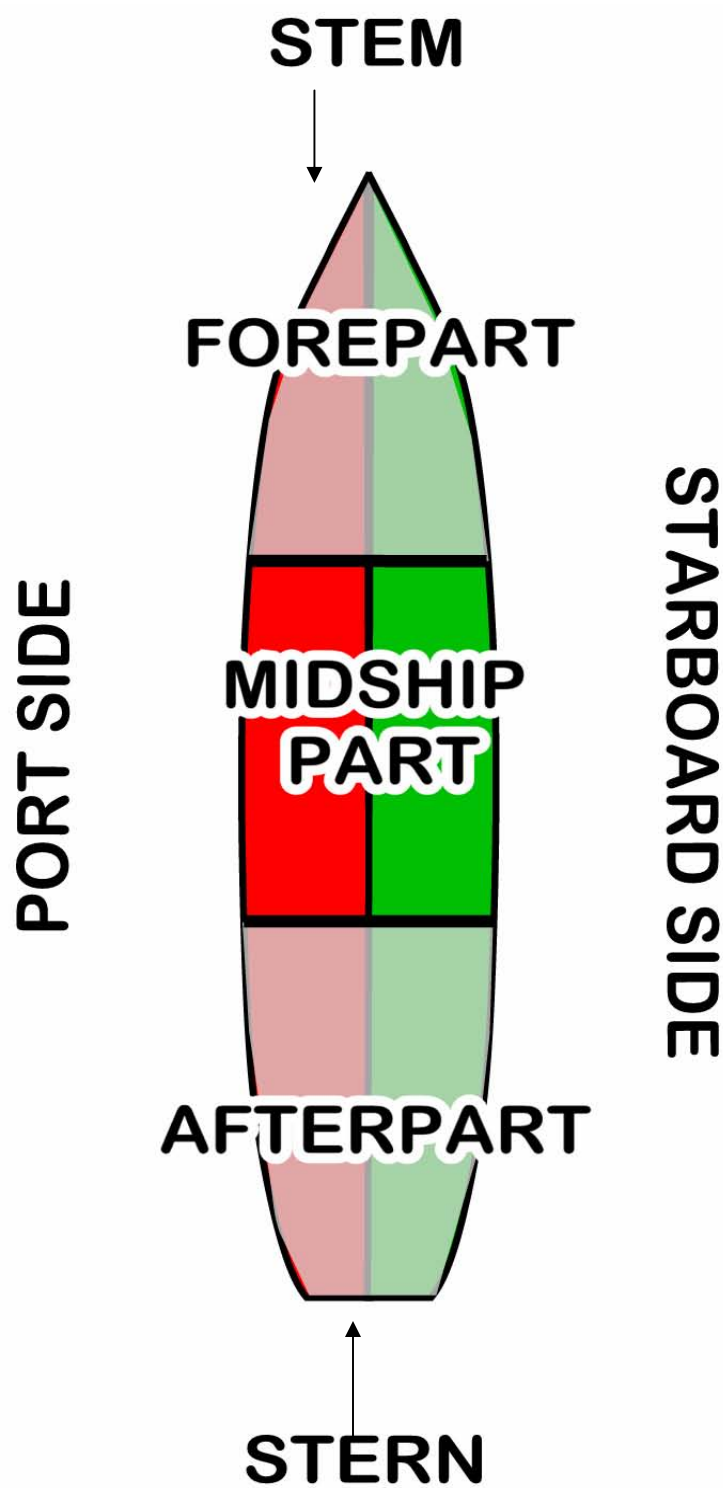


2145

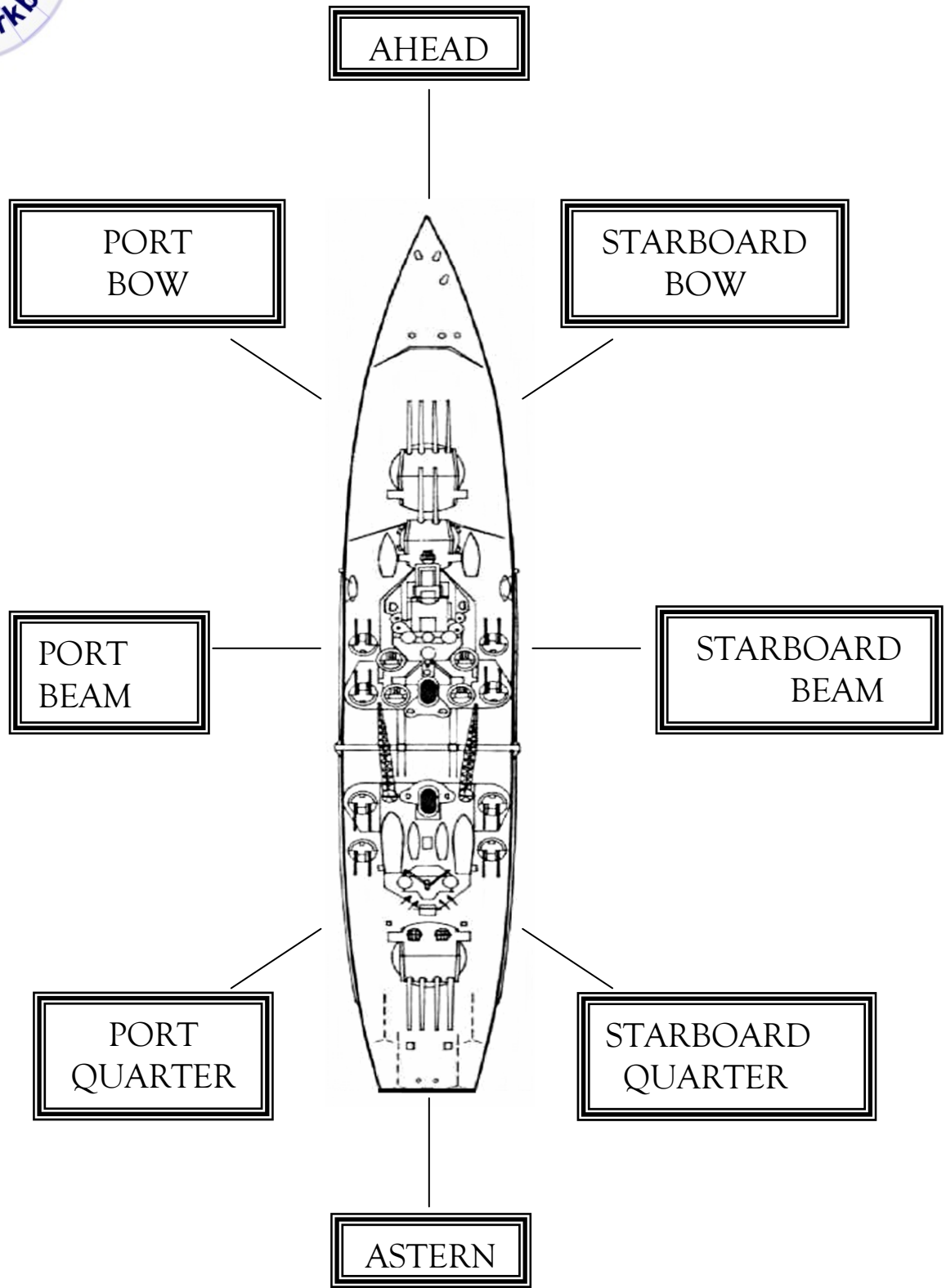
Match the times with the proper watches

1200 – 1600	Last Dog Watch
0400 – 0800	First Watch
2000 – 2359	Forenoon Watch
2359 – 0400	First Dog Watch
1600 – 1800	Afternoon Watch
0800 – 1200	Morning Watch
1800 – 2000	Middle Watch

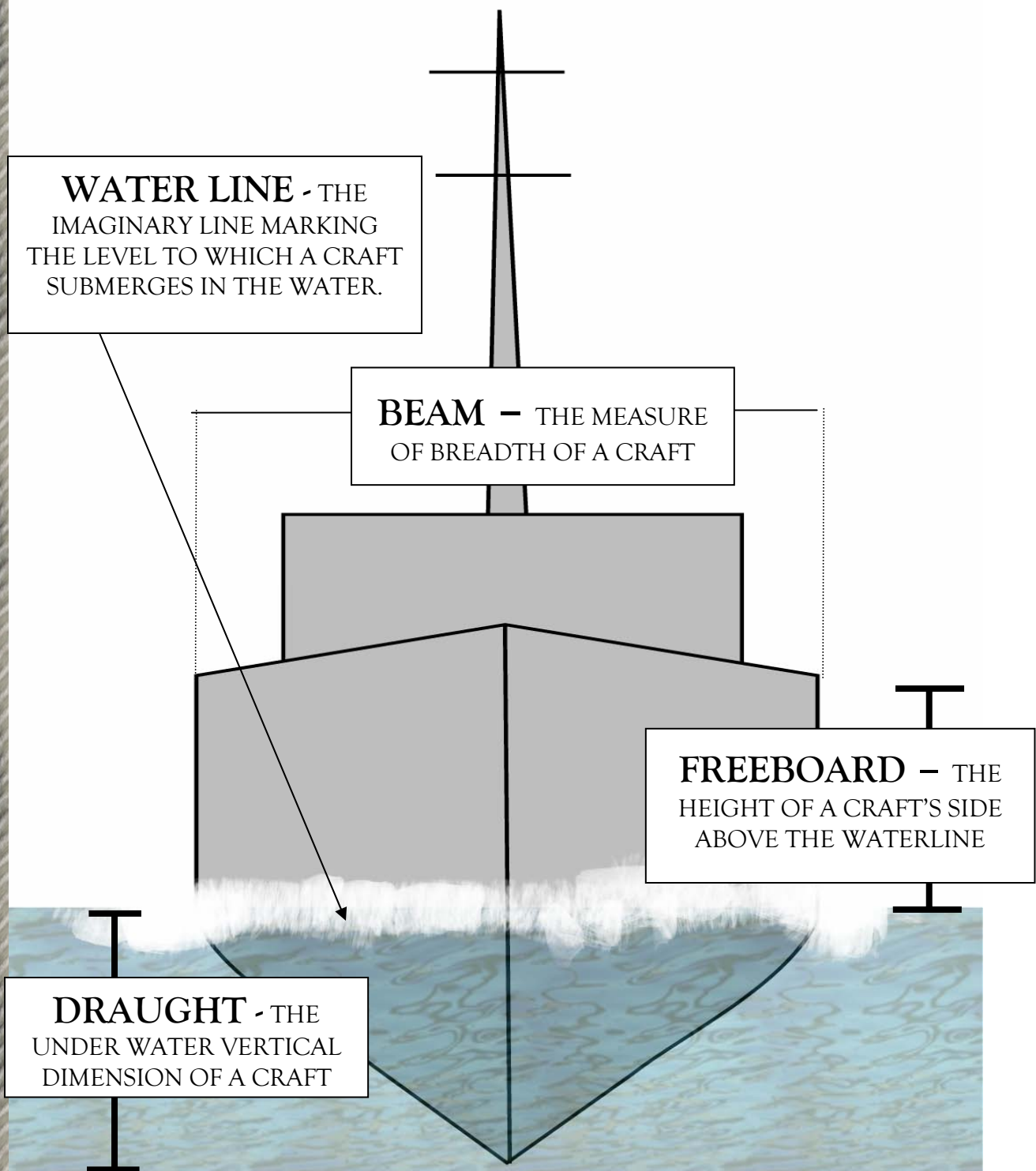
SECTIONS OF A SHIP



SHIP DIRECTIONS

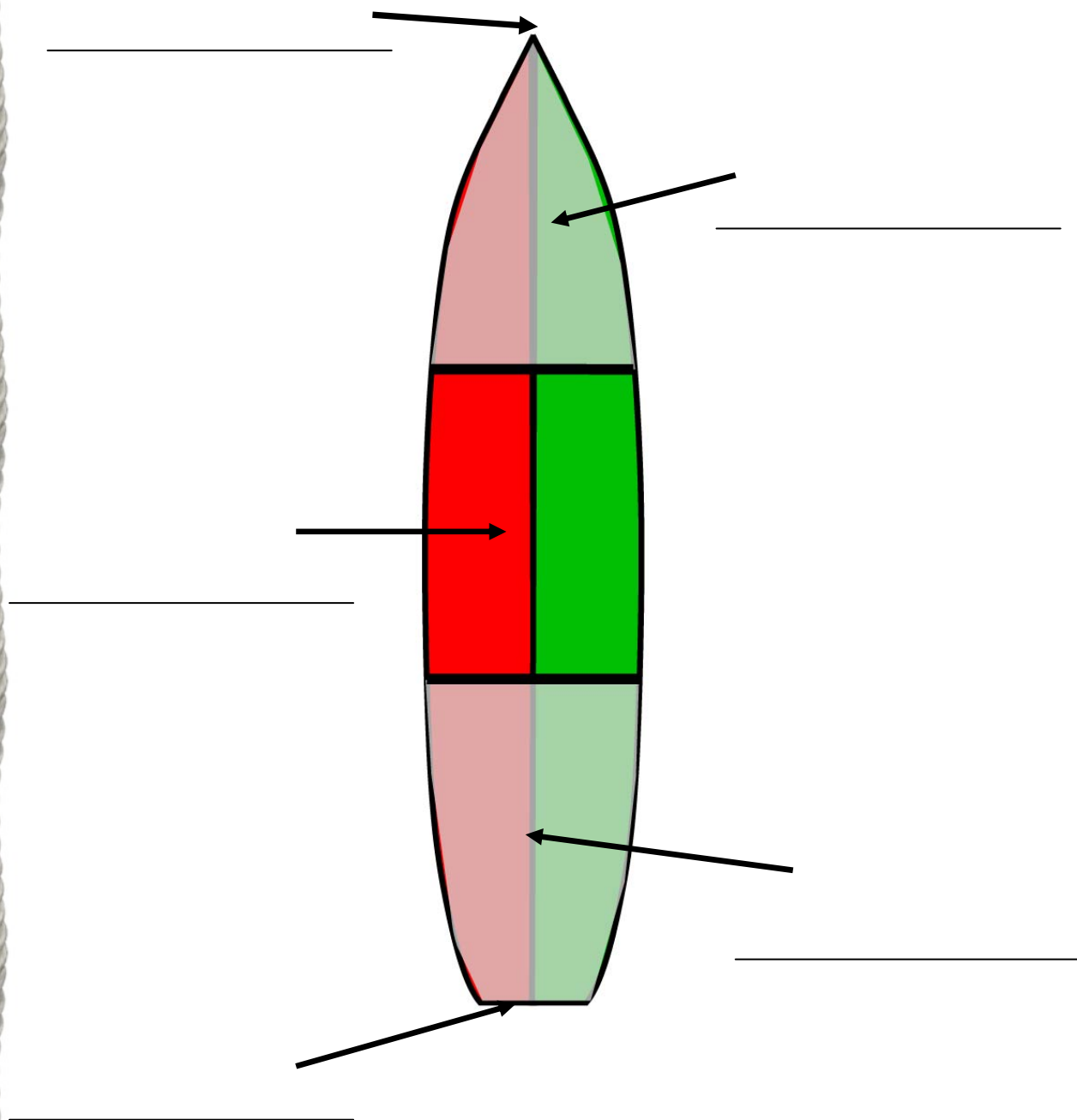


SHIP DIMENSIONS

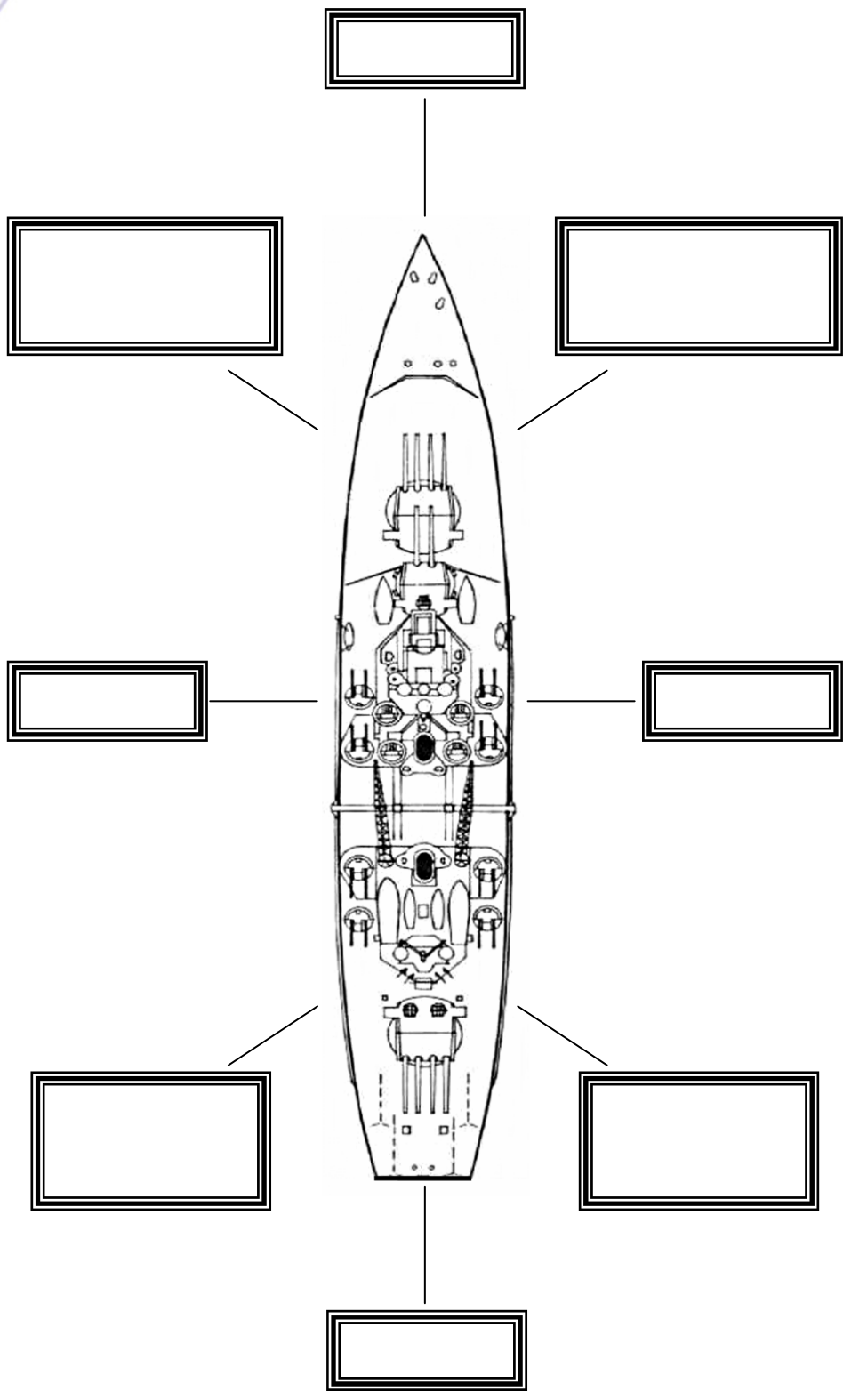




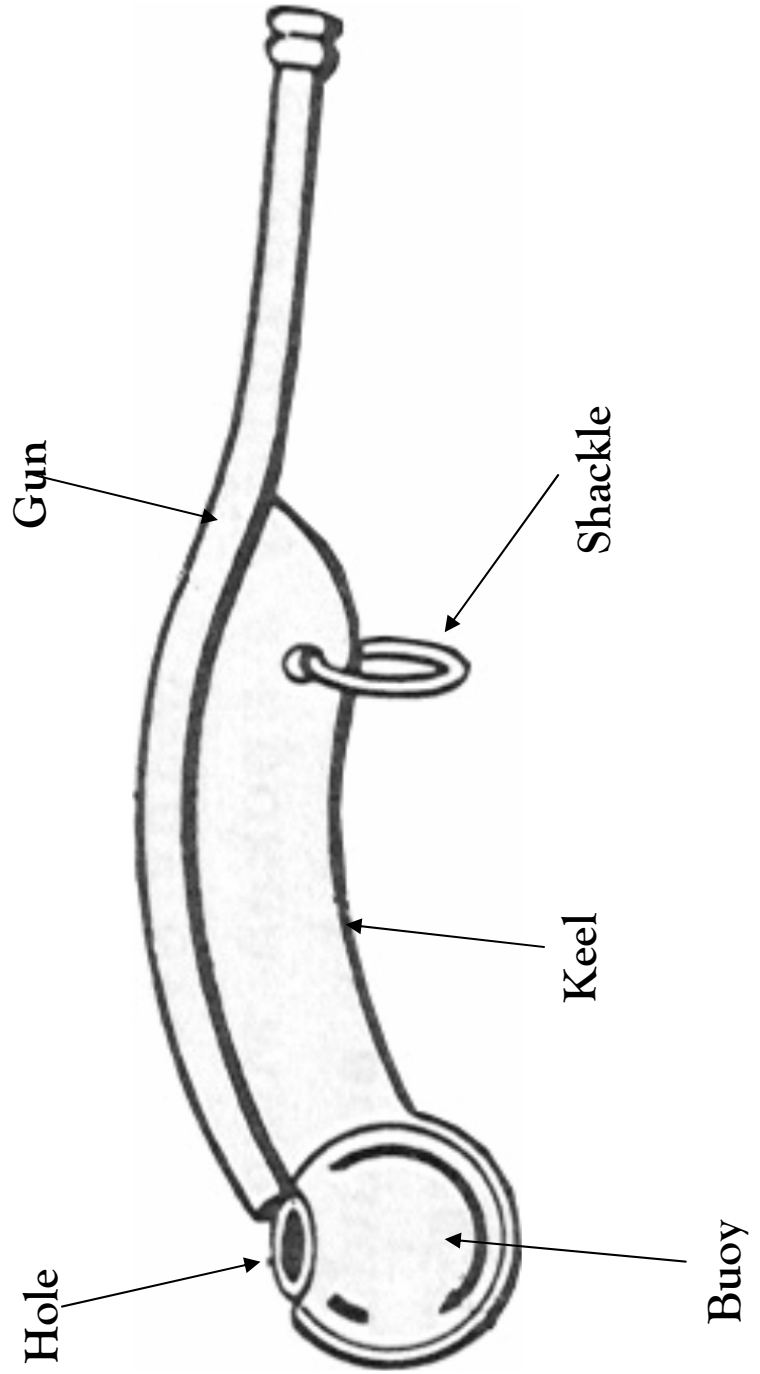
LABEL THE SHIP PARTS



LABEL THE SHIP DIRECTIONS



Parts of the BOATSWAIN'S CALL





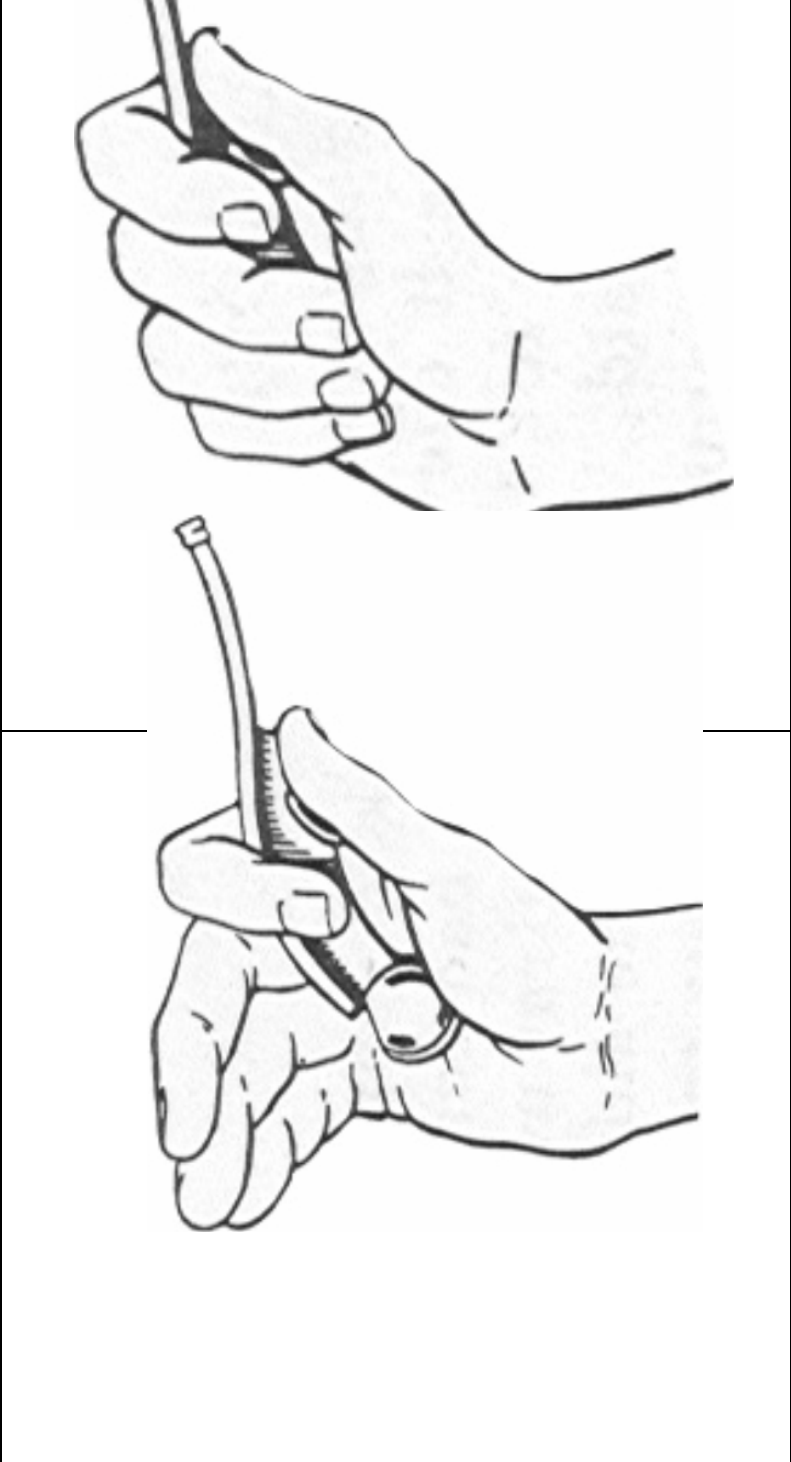
PIPES USED WITH THE BOATSWAIN'S CALL

(Time in seconds)

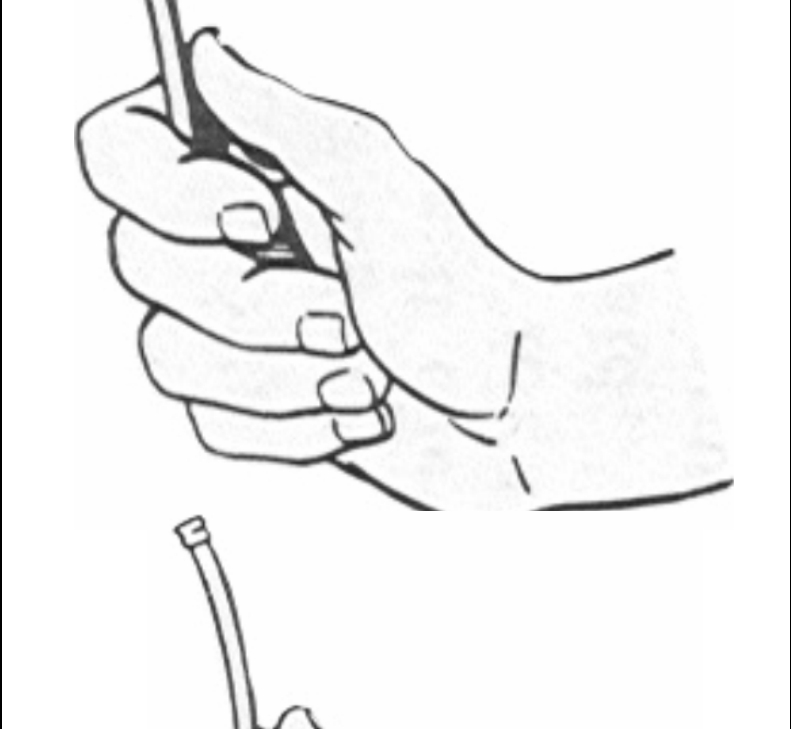
PIPE	Note	0	1	2	3	4	5	6	7	8	9	10	11	12
Still	High Low													
Carry On	High Low													
General Call	High Low													
The Side	High Low													

TWO NOTES OF THE BOATSWAIN CALL

LOW NOTE



HIGH NOTE









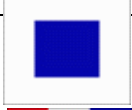

















Draw a line to represent the sound that each pipe makes

(Time in seconds)

PIPE	Note	0	1	2	3	4	5	6	7	8	9	10	11	12
Still	High													
	Low													
Carry On	High													
	Low													
General Call	High													
	Low													
The Side	High													
	Low													

	ALPHA Diver down; keep clear		NOVEMBER Negative
	BRAVO Dangerous cargo		OSCAR Man overboard
	CHARLIE Affirmative		PAPA Ready to sail
	DELTA Keep Clear; Manoeuvring with Difficulty		QUEBEC Request free pratique
	ECHO Altering course to starboard		ROMEO
	FOXTROT Disabled; communicate with me		SIERRA My engines are going astern
	GOLF Require a pilot		TANGO Keep clear of me; I am engaged in pair trawling
	HOTEL Pilot on board		UNIFORM You are running into danger
	INDIA Altering course to port		VICTOR I require assistance
	JULIET On fire; keep clear		WHISKEY I require medical assistance
	KILO I wish to communicate with you		XRAY Stop your intention and watch for my signals
	LIMA Stop instantly		YANKEE I am dragging my anchor
	MIKE I am stopped		ZULU I require a tug

Match the flag with its meaning



I require medical assistance



I require a tug



Man Overboard



Maneuvering



On Fire; Keep Clear



Diver Down

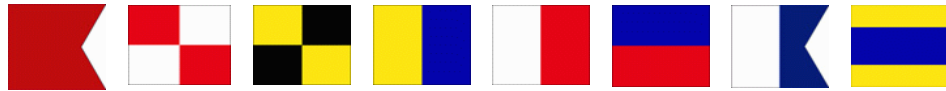


You are running into
danger



I require assistance

Decode the following words











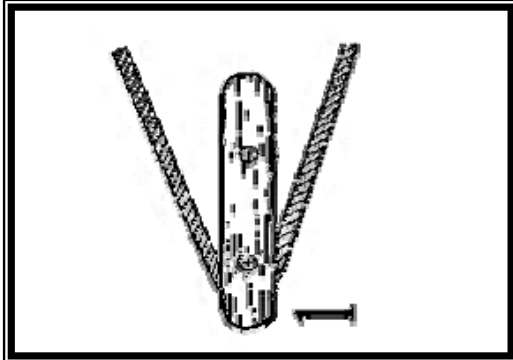
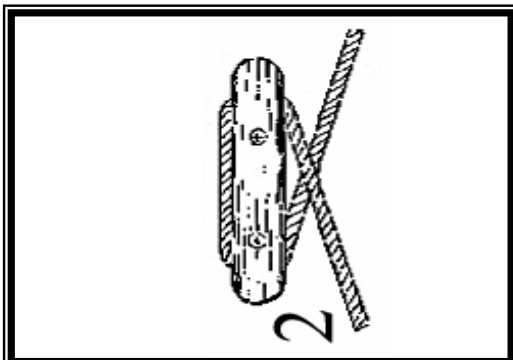
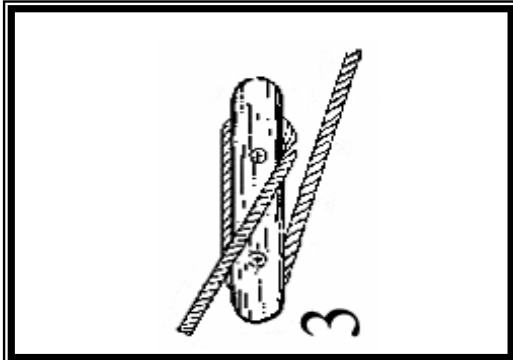
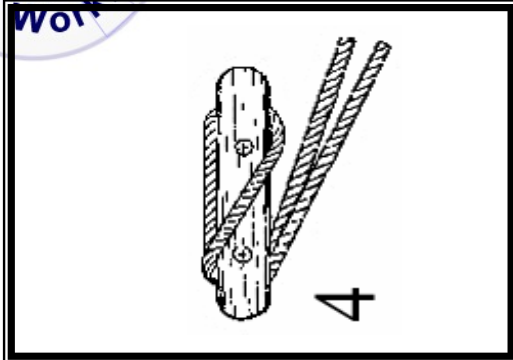
Naval Knowledge Word Search

N H F A C V G S N C M L
S I O T O M D M O Y I L
T F A Z S A G L T S D I
O I A W E O O B F H S T
W M K H S U J O I A H S
M A E B R X G W R C I J
D K V S A K O A S K P S
T O R T X O F C T L D Z
W A T C H E S O D E M A
N R E T S W R H O A F T
K P B K M I B C G K O P
T H G U A R D Z R P K B

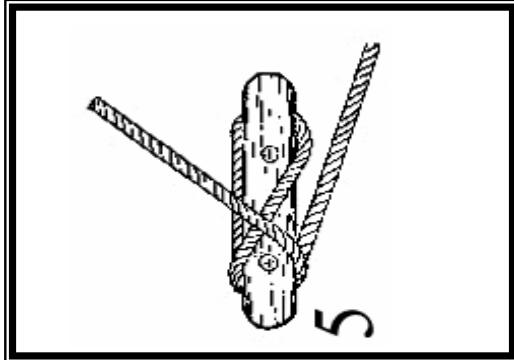
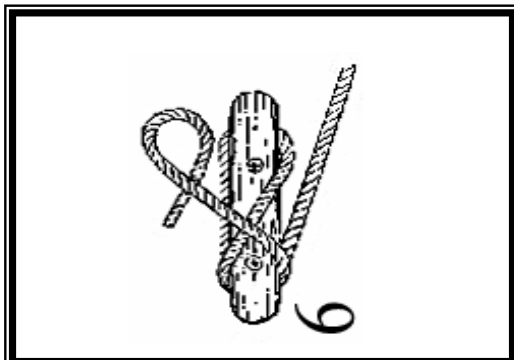
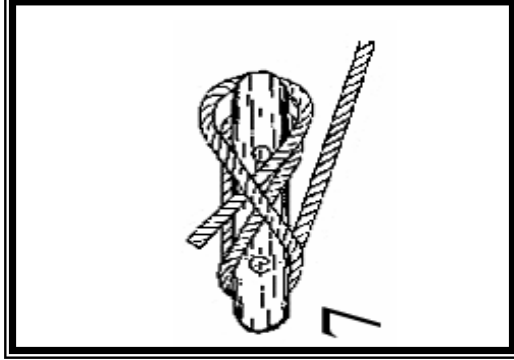
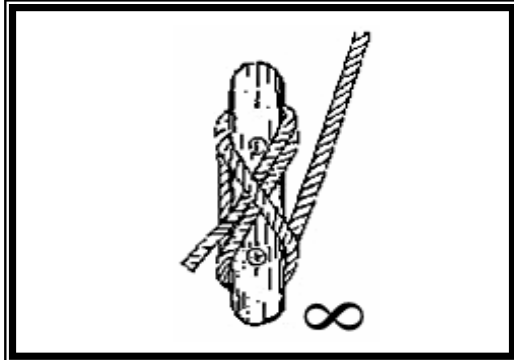
AFT
COLOURS
FIRSTDOG
MIDSHIP
STILL

BEAM
COXSWAIN
FOXTROT
SHACKLE
STOW

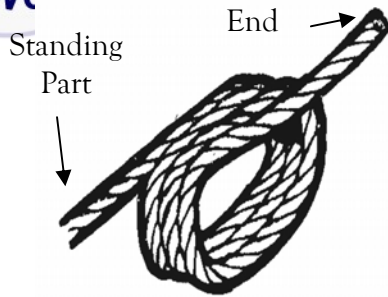
BOW
DRAUGHT
HEADS
STERN
WATCHES



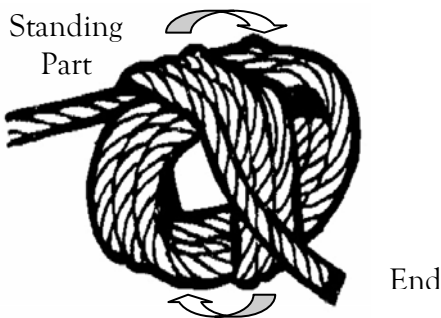
The Cleat Hitch



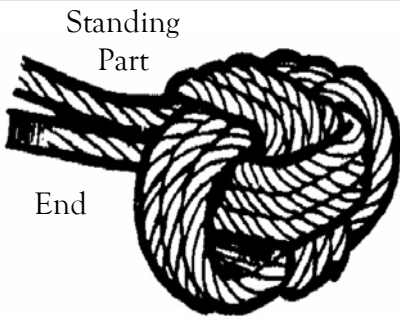
THE MONKEY'S FIST



Wind three turns around the hand.



Pass a second set of three turns across and around the first three, in the direction indicated by the arrows.

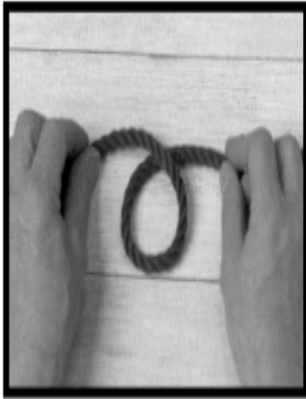


Pass a third three turns round and across the second three, but inside the first set. If the knot is correctly made the end will come out alongside the standing part.



To finish the knot, tie an overhand knot in the end and hide it by tucking it inside the monkey fist, then work all parts taut.

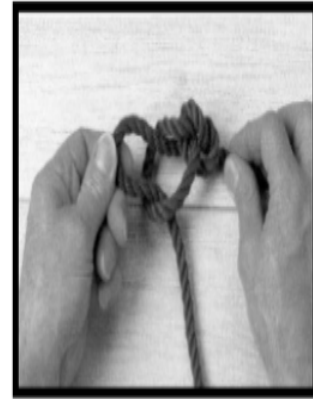
CHAIN SENNIT



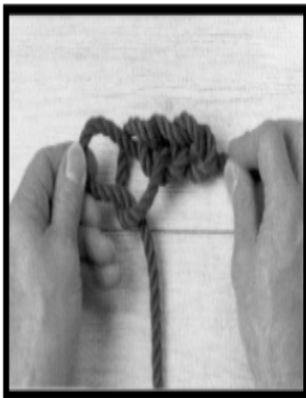
1. Cast a counter-clockwise overhand loop with a long working end.



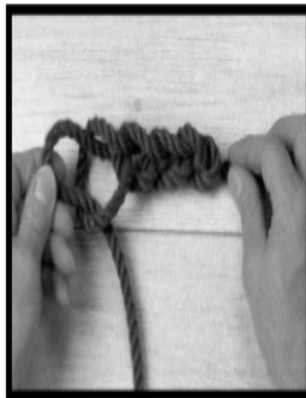
2. Lay the working end beneath the loop and pull a bight through it; pull the resulting knot tight.



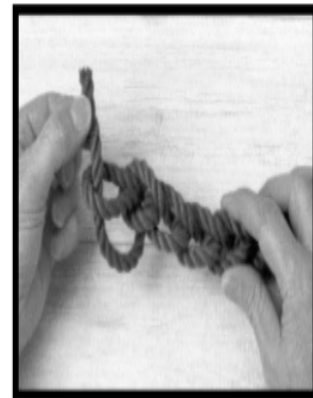
3. Pull a second bight in the working end through the first bight and pull tight.



4. Similarly, pull a third bight through the second bight and pull it tight.



5. Continue pulling, bight through bight, tightening each stage before going on to the next.



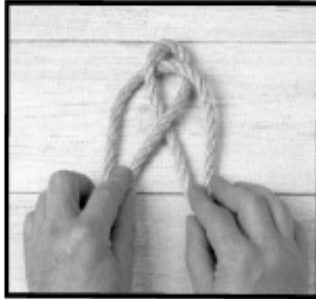
6. To finish the chain, simply tuck the working end through the preceding bight.



7. In order to transform the chain into an anklet or bracelet, cut each end to a desired length, wrap around wrist (or ankle), and secure the ends with a reef knot. (Be sure that it is not too tight!)

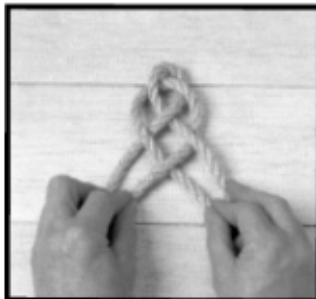
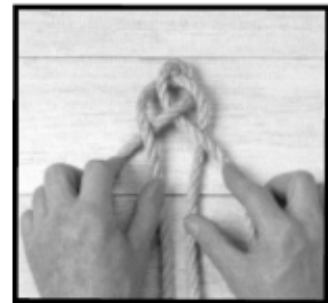


SQUARE PLAIT



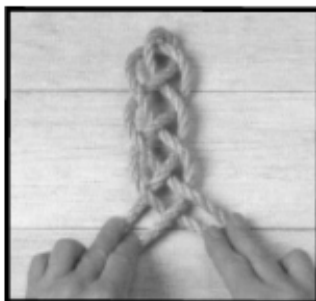
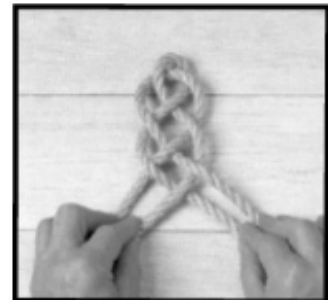
1. Middle two lengths of rope or cord, looping one over the other (as shown), and separating the four strands into a left-handed and a right-hand pair.

2. Simultaneously, cross the left-handed pair of strands (left over right) and the right-handed pair (also left over right).



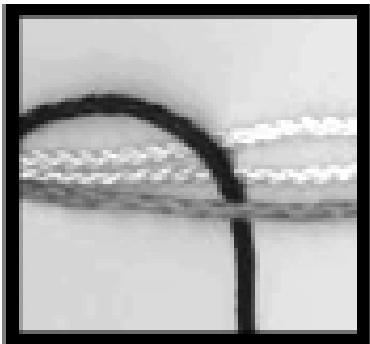
3. Cross the innermost two strands (right over left).

4. Repeat steps 2 and 3, with tension and tightness to ensure a symmetrical pattern develops.

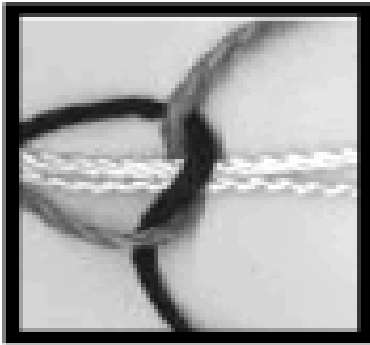


5. Continue this process until the desired length has been reached. Bind the ends together.

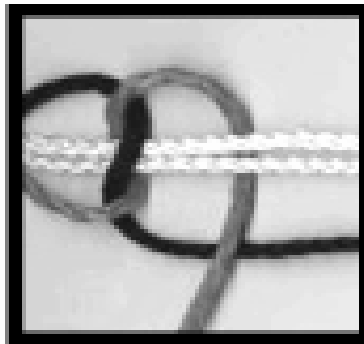
PORTUGUESE SENNIT



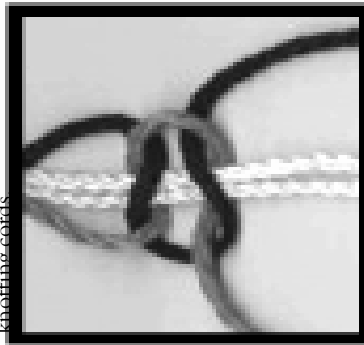
1. Place the right hand (darker) cord over the two core (white) cords. Place it under the left hand (lighter) cord.



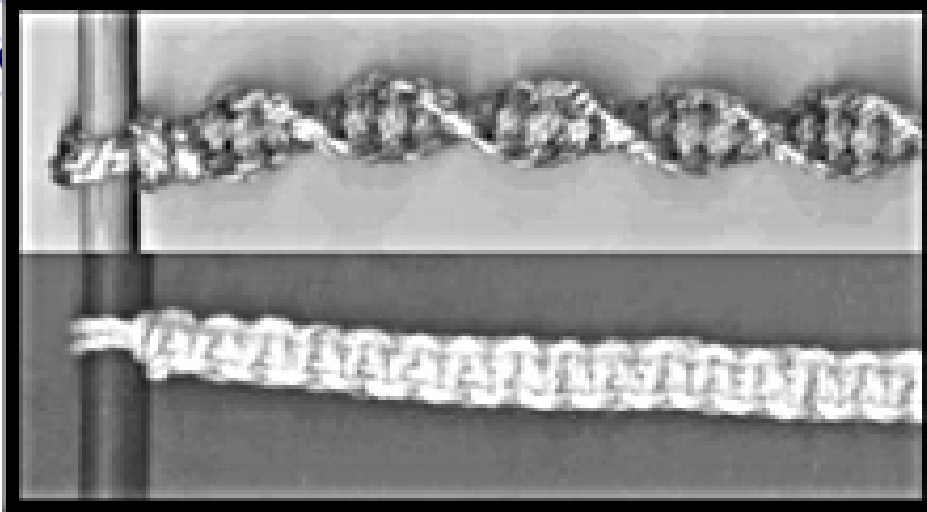
2. Bring the left hand cord under the two core cords and up through the loop formed by the core cord and the darker cord. Tighten by pulling gently on the knitting cords



3. The second half of the square knot is the reverse of the first half. Bring the lighter cord (which is now on the right hand side) behind the two core cords. Bring it over the left hand (darker) cord.



4. Place the darker cord into the right hand loop by going over the core cords and under the lighter cord. Tighten by gently pulling on the knitting cords.



You can create a flat Portuguese Sennit (left picture) by repeating steps 1-4. In order to create a spiral Portuguese Sennit (right picture), only repeat steps 1 and 2 until the desired length has been reached.



Seamanship Word Search



T N L S H E N N H P C M
O R I D I S J I U H L O
N E O N T E M A E Z E N
K T C A C G X H G L A K
Y T A R H U P C F U T E
G A D T B T E L V X T Y
K P L S D R T W A N W L
Y I R Z B O B I Y I E F
K B Y H E P X X N N T R
G N I D N A T S G N O D
X F V D U K F H N P E I
B I G H T W T P E D J S

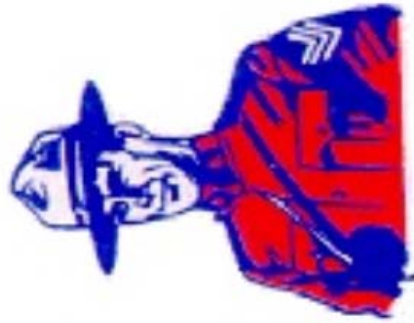
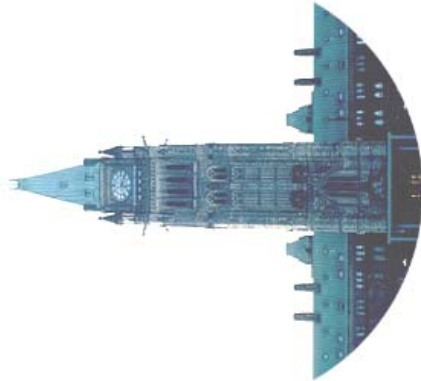
BIGHT
COIL
LENGTH
PLAIT
SENNIT

CHAIN
HITCH
MONKEY
PORTUGUESE
STANDING

CLEAT
KNOT
PATTERN
ROPE
STRANDS



CANADIAN SYMBOLS





OATH OF CANADIAN CITIZENSHIP

“I affirm that I will be faithful and bear true allegiance to her Majesty Queen Elizabeth the Second, Queen of Canada, Her Heirs and Successors, according to law and that I will faithfully observe the laws of Canada and fulfill my duties as a Canadian Citizen.”



O CANADA (English)

O Canada!
Our home and native land!
True patriot love in all thy sons
command.
With glowing hearts we see thee rise,
The True North strong and free!
From far and wide,
O Canada, we stand on guard for
thee.
God keep our land glorious and
free!
O Canada, we stand on guard for
thee.
O Canada, we stand on guard for
thee.

God Save The Queen

God save our gracious Queen
Long live our noble Queen,
God save the Queen:
Send her victorious,
Happy and glorious,
Long to reign over us:
God save the Queen.

The Maple Leaf Forever

In Days of yore,
From Britain's shore
Wolfe the dauntless hero
came
And planted firm
Britannia's flag
On Canada's fair
domain.
Here may it wave,
Our boast, our pride
And joined in love
together,
The thistle, shamrock,
rose entwined,
The Maple Leaf Forever.

O CANADA (en Francaise)

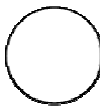
O Canada! Terre de nos aïeux,
Ton front est ceint de fleurons
glorieux!
Car ton bras sait porter l'épée,
Il sait porter la croix!
Ton histoire est une épopée
Des plus brillants exploits.
Et ta valeur, de foi trempée,
Protégera nos foyers et nos droits.
Protégera nos foyers et nos droits.

**The Maple Leaf Forever
(cont...)**

[CHORUS]
The Maple Leaf
Our Emblem Dear,
The Maple Leaf Forever,
God save our Queen and
heaven bless,
The Maple Leaf Forever
At Queenston Heights and
Lundy's Lane
Our brave fathers side by side
For freedom's home and loved
ones dear,
Firmly stood and nobly died.
And so their rights which they
maintained,
We swear to yield them never.
Our watchword ever more shall
be
The Maple Leaf Forever
[CHORUS]
Our fair Dominion now
extends
From Cape Race to Nootka
Sound
May peace forever be our lot
And plenty a store abound
And may those ties of love be
ours
Which discord cannot sever



Use the outline below to create a flag that represents your idea of Canada





Canadian Citizenship Word Search

S R K E G A L F C S I W
S Y E S L P W I F E V O
X R R V L P T W A I N L
B U O W E I A F I T U R
Y R A S Z R J M T U P V
A L I E S C O F H D D E
I N N T A E A F F K K U
R E T N A E C H U X Z J
U K A H L I T C L U G K
X D L S E A N T U S O D
A N M I O M V R U S K Y
Q U E E N S R I E H J T

ANTHEM
CITIZEN
FLAG
LAW
OATH

BRITAIN
DUTIES
FOREVER
LEAF
QUEEN

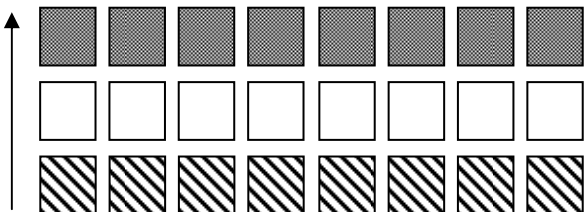
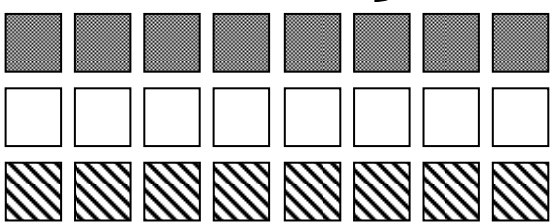
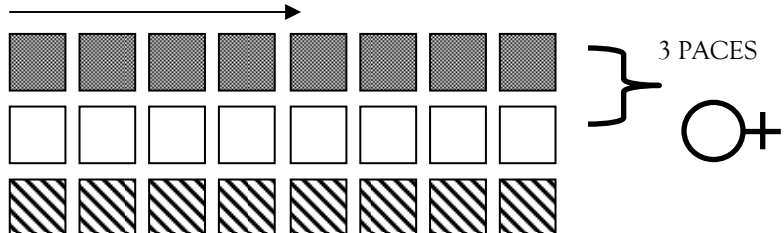
CANADA
FAITHFUL
HEIRS
MAPLE
SUCCESSORS



ORDERS AND THE FOOT THEY ARE CALLED ON

<u>COMMAND</u>	<u>FOOT</u>
"HALT"	LEFT
"LEFT - TURN"	RIGHT
"RIGHT - TURN"	LEFT
"MARK - TIME"	RIGHT
"FOR - WARD"	LEFT
"TO THE RIGHT (LEFT) - SALUTE"	LEFT
"EYES - RIGHT / EYES - FRONT"	LEFT



<p>DPO Positions</p>	<p style="text-align: center;">ADVANCE IN LINE</p> <p style="text-align: center;">♀</p> <p style="text-align: right;">3 PACES</p> 
<p>When on the March</p>	<p style="text-align: center;">♀</p> <p style="text-align: right;">3 PACES</p>  <p style="text-align: center;">COLUMN OF THREES</p>
	<p style="text-align: center;">COLUMN OF ROUTE</p> <p style="text-align: right;">3 PACES</p> 



Drill Word Search

C O A D V A N C E G T R
P O N Z M V F O U U I S
L O L A K O D N R G E E
W E R U R G N N H C U Y
U C F W M E M T A W N E
H F A T R N A P X H P S
N R C Y V E R S W A Y R
D D R I L L K A E L E I
S A L U T E T Y T T L G
P I B T E O I S U T F H
M C R L B X M Y O V K T
R M B M I A E E R F Z W

ADVANCE
EYESRIGHT
HALT
MARKTIME
ROUTE

COLUMN
FORWARD
LEFT
PACES
SALUTE

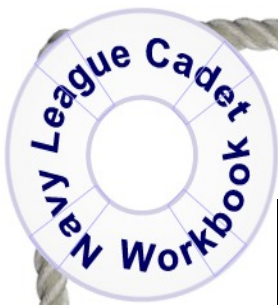
DRILL
GUNNERY
MARCH
RIGHT
TURN



The Cadet Promise

"I solemnly promise to honour the Queen and so conduct myself as to be a credit to my country and my Corps; to abide by the Regulations of The Navy League of Canada, attend drills regularly, take proper care of any uniforms and equipment entrusted to me, and assist and support The Navy League of Canada to the best of my abilities".

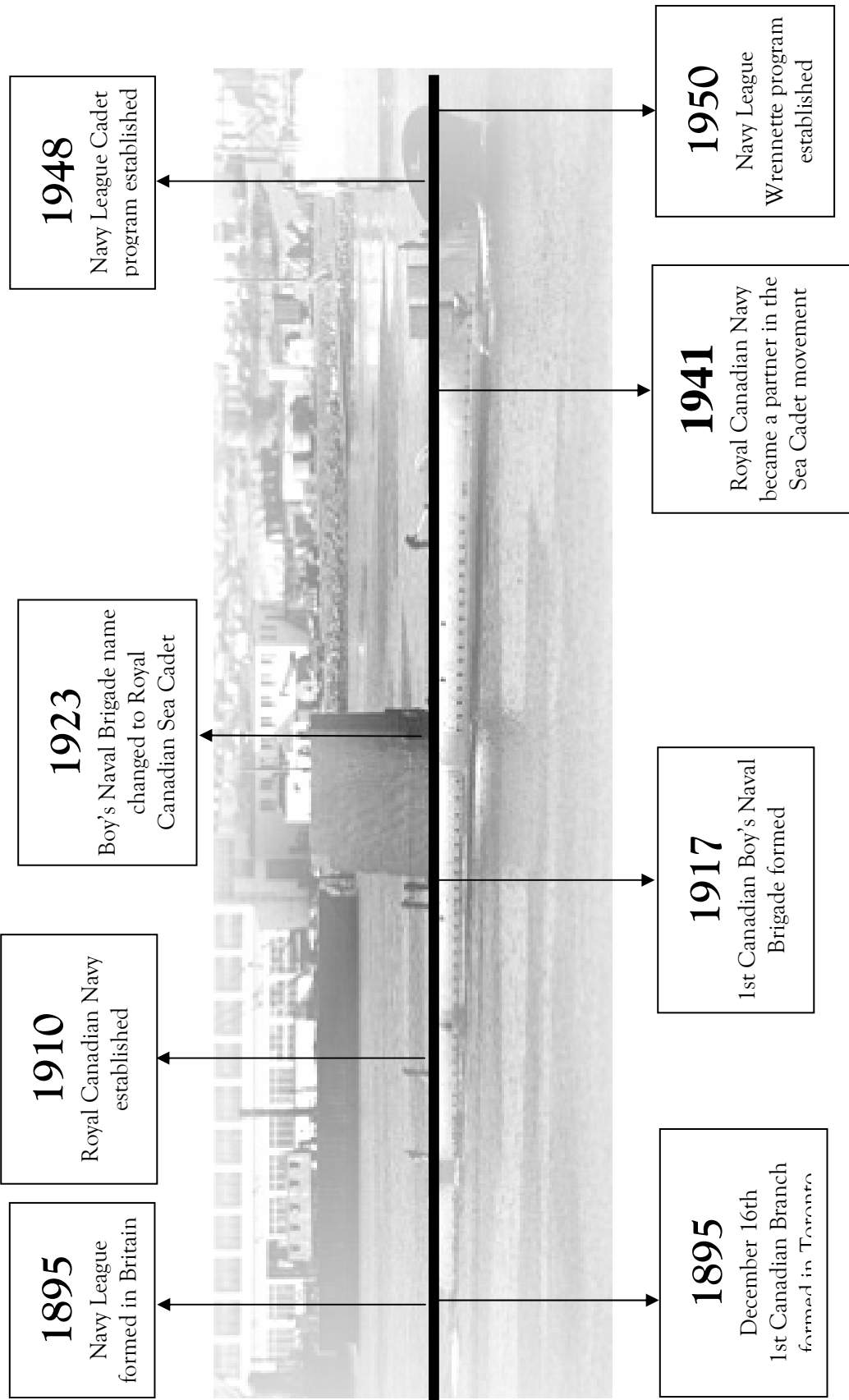
Cadet signature: _____



NAVY LEAGUE CADET RIGHTS AND RESPONSIBILITIES

RIGHTS	RESPONSIBILITIES
<ul style="list-style-type: none">• Be treated fairly and with respect• Be included• Seek help• Make decisions• Use the law• Feel safe• Learn• Be heard• Say “NO” to unwelcome behaviour• Be protected from all forms of abuse and harassment	<ul style="list-style-type: none">• Show support for Canada, your community, and your corps• Treat Officers and other cadets fairly and with respect• Attend parades regularly - and be on time• Present oneself in an appropriate manner while in uniform and at all NL Cadet activities• Wear and maintain the uniform and equipment in your possession• Actively participate during lessons• Participate in NL branch fund-raising endeavours• Perform duties as they are assigned

History of the Navy League



OBJECTIVES OF NAVY LEAGUE CADETS

Objective #1	To instill in NL Cadets a sense of loyalty and commitment to Canada and to their community
Objective #2	To instill in NL Cadets a sense of commitment to their Corps and of loyalty and respect for their Officers and instructors
Objective #3	To help NL Cadets learn self-discipline and self-respect
Objective #4	To instill in NL Cadets a sense of initiative and self-reliance
Objective #5	To develop teamwork among cadets and encourage them to help others
Objective #6	To encourage NL Cadets to learn about the sea and ships
Objective #7	To give NL Cadets first aid training
Objective #8	To create a healthy environment where NL Cadets can have fun
Objective #9	To inform Cadets about the Canadian Cadet Movement



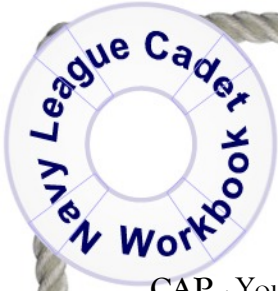
The Navy League Movement Word Search

E G E D G Y G Q Y E E C
U N K N R Q R R N S T Y
G I D R T I M G C I T N
A S U F O R L C S M E L
E I T A C W U L R O N H
L A I Y Y J M S S R E I
H R E U D B F A T P R S
C D S D O K P Z E E W T
N N T R O P P U S T D O
A U B R I G A D E M S R
R F Y T L A Y O L T O Y
B Q U E E N N A V Y T X

BRANCH
DUTIES
HISTORY
NAVY
SUPPORT

BRIGADE
ENTRUSTED
LEAGUE
PROMISE
TEAMWORK

DRILLS
FUNDRAISING
LOYALTY
QUEEN
WRENETTE



UNIFORM MAINTENANCE INSTRUCTIONS

CAP - Your cap should be cleaned with a soft brush, warm or hot water and detergent such as Ajax, Comet or dish soap. Liquid shoe polish should not be used as it runs when it rains. After your cap is clean it should be placed in a bag and stored where it won't get crushed. The top of a closet is a good place.

Note: Your shirt and trousers should be washed in warm or cold water and can be washed with all dark clothes when a laundry is done. They can be machine dried and then both need to be pressed.

TROUSERS - Turn inside out and press with a damp lint-free cloth over the seams. DO NOT put a crease down the front of your trousers. In most cases each side must be done separately, as the seams at the sides do not usually line up. When finished leave them inside out and place on a pant hanger or a hanger that will not leave a crease through the middle.

SHIRT - If you iron your shirt on a high temperature inside out (all except the sleeves) it will come out nicely. For the sleeves, place them on the ironing board with the seam to one side. Iron each sleeve flat and ensure that **there are no creases**. The sleeve will have to be rolled on the board in order to ensure that the entire sleeve has been pressed. Make sure no threads (Irish pennants) are sticking out. If so, clip them off with a pair of scissors. Press your collar, epaulettes, and cuffs.

WEB BELT - Remove the buckles and wash in hot soapy water. If the belt is extremely dirty, (it shouldn't be if it is being cleaned regularly) you may wash it using bleach. **Ask an adult to help you.**

LANYARD - Made of cotton, it is machine washable DO NOT DRY IT IN A DRYER. To dry, place some tape on a nail somewhere so rust will not get on the lanyard and then tie a shoe to the other end for weight. If it is done this way it will look new for years. It is worn around your neck, through the epaulets with the knot at the second button, looped at the fourth button and the remainder tucked neatly in the left breast pocket.

BOOTS - Place a LIGHT coat of black shoe polish (Kiwi works best) on the boots let it dry for 15 to 20 minutes, then using cold-water rub in small circles until a shine can be seen. When finished the boots can be buffed with an old nylon. Do not use a shoe brush, it works fine for normal shoes, however, it is next to impossible to get a high gloss shine using a brush. Your boots should be polished after every time you wear them. When finished put them in a place where they will not get scuffed.



Cadet Shoulder Flash

LEFT SLEEVE

12 mm (0.5")

Shoulder Seam

1

2

NOTE:
The Petty Officer 1st Class/Chief Petty Officer does not wear any badges in Location #2.

NOTE:
Badges in Location #2 are positioned so that the upper points of the chevrons are midway between the shoulder seam and the elbow when the arm is bent at a 90° angle.

63 mm (2.5")

3

Centre Line of Sleeve



Able Cadet



Leading Cadet



Petty Officer Second Class



Petty Officer First Class



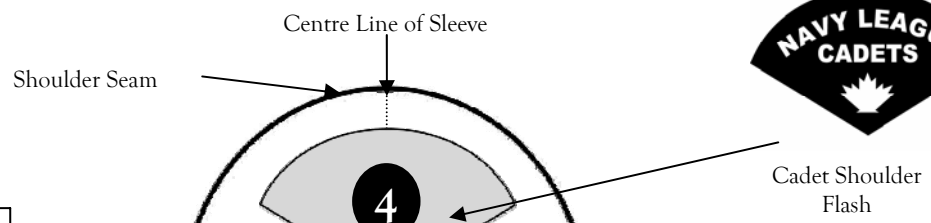
Chief Petty Officer Second Class



Chief Petty Officer First Class



RIGHT SLEEVE



Regulation Badge



Communicator Badge



Bandsman Badge



Gunnery Badge



Boatswain Badge

NOTE:
Badges worn in location #5 are Trade/Appointment only. The badge should be positioned so that the centre of the badge is midway between the shoulder seam and the elbow when the arm is bent at a 90° angle.

NOTE:
Badge Location #6 to be used ONLY if #7 is used.

NOTE:
Badges worn in location #8 are skill badges only. Positioned so that two badges may be placed on the outside of the sleeve, bottom touching the upper edge of the cuff. The centre line of the sleeve should split the badges with 1/2 cm space to each side.



Cadet Merit Badge



Navy League First Aid Badge



First Aid Badge (other)



Marksman Badge



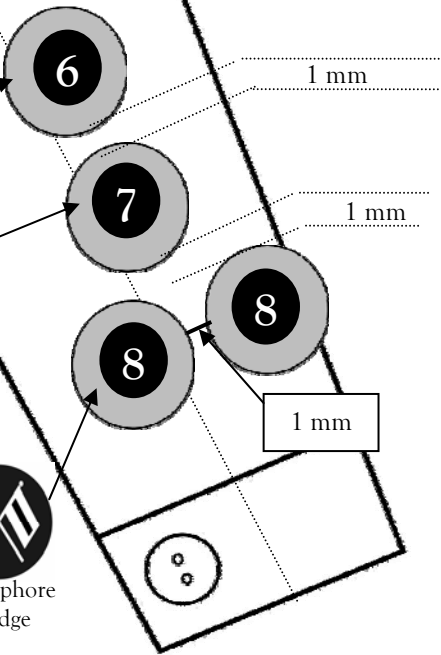
Boatwork Badge



Sailing Badge



Semaphore Badge



Use a pencil to match the name of the badge with its picture



Regulator Badge



Communicator Badge



Bandsman Badge



Gunnery Badge



Boatswain Badge



Marksman Badge



Boatwork Badge



Cadet Merit Badge



Navy League First Aid Badge



Sailing Badge

Semaphore Badge





Wearing and Maintenance of Uniform Word Search

H S U R B L E S T O O B
A V B J Q S M E R I T S
I B J J I H H B A N R B
B O A T S W A I N E M O
H B N Z D O D S S A G A
S A O N E E A U R L U T
I D R E F I O K T A N W
L G I F L R S R B N N O
O E U I T M I C E Y E R
P C N D A H F A L A R K
S G G N S P T P T R Y R
E R O H P A M E S D Z H

BADGE
BOATWORK
CAP
LANYARD
POLISH
SEMAPHORE

BELT
BOOTS
GUNNERY
MARKSMAN
SAILING
SHIRT

BOATSWAIN
BRUSH
IRON
MERIT
SCUFFED
TROUSERS

Navy League Cadet Ranks



Able Cadet



Leading Cadet



Petty Officer
2nd Class



Petty Officer
1st Class

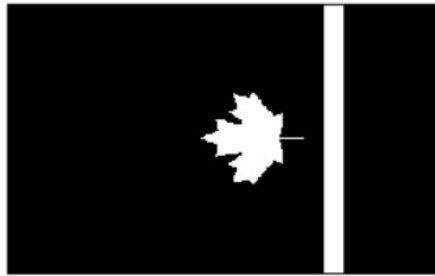


Chief Petty Officer
2nd Class

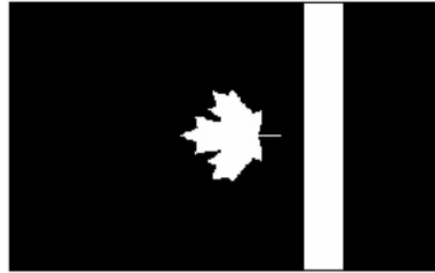


Chief Petty Officer
1st Class

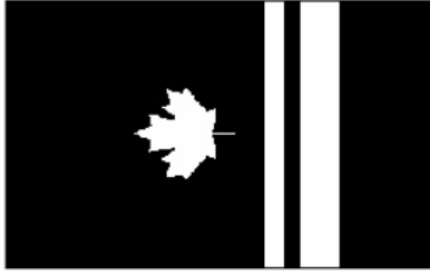
NAVY LEAGUE OFFICER RANKS



Midshipman (NL)



Acting Sub-Lieutenant (NL)



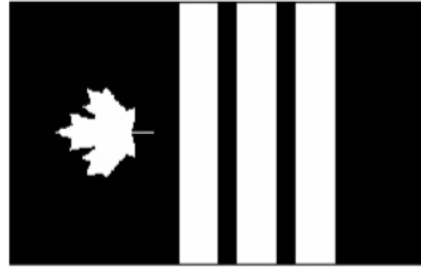
Sub-Lieutenant (NL)



Lieutenant (NL)



Lieutenant-Commander (NL)

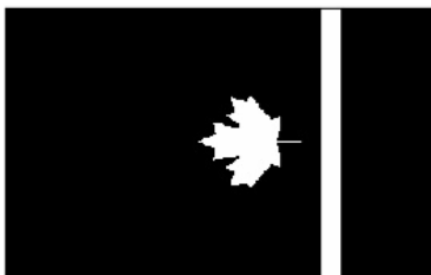
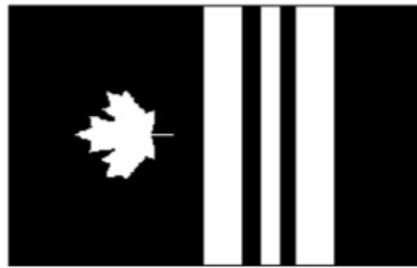
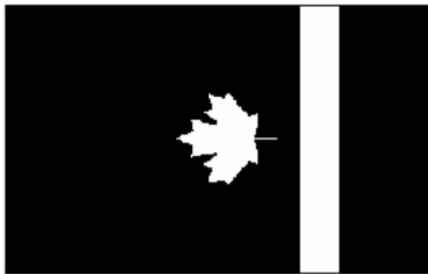
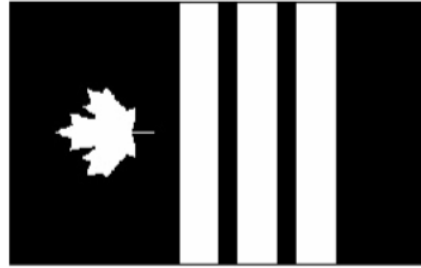
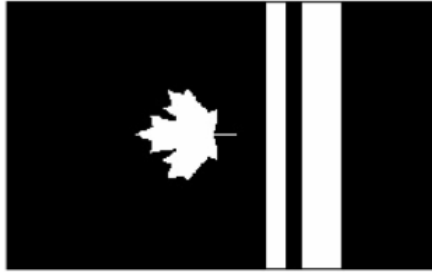


Commander (NL)

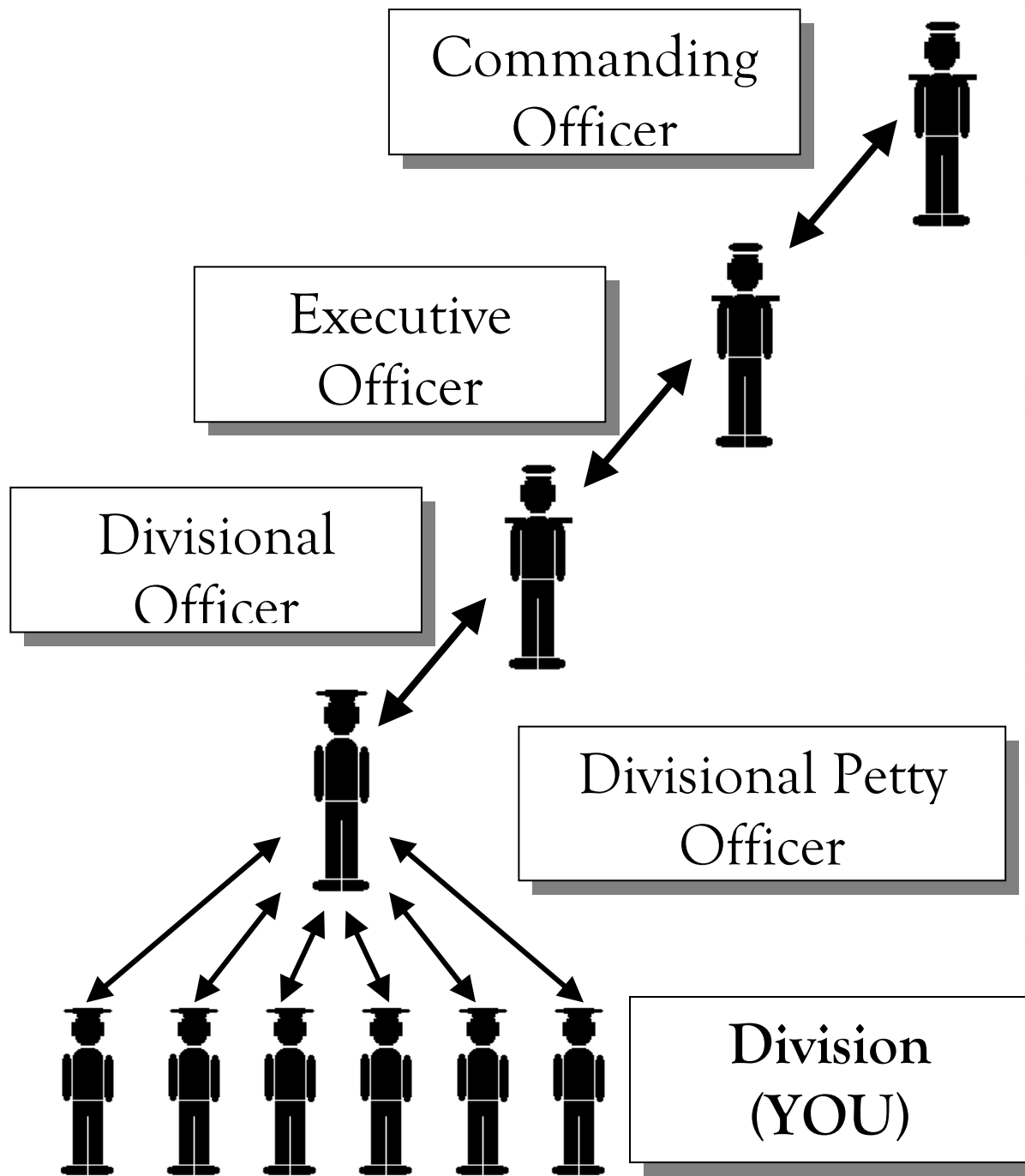
Write the name of the cadet rank
below each picture



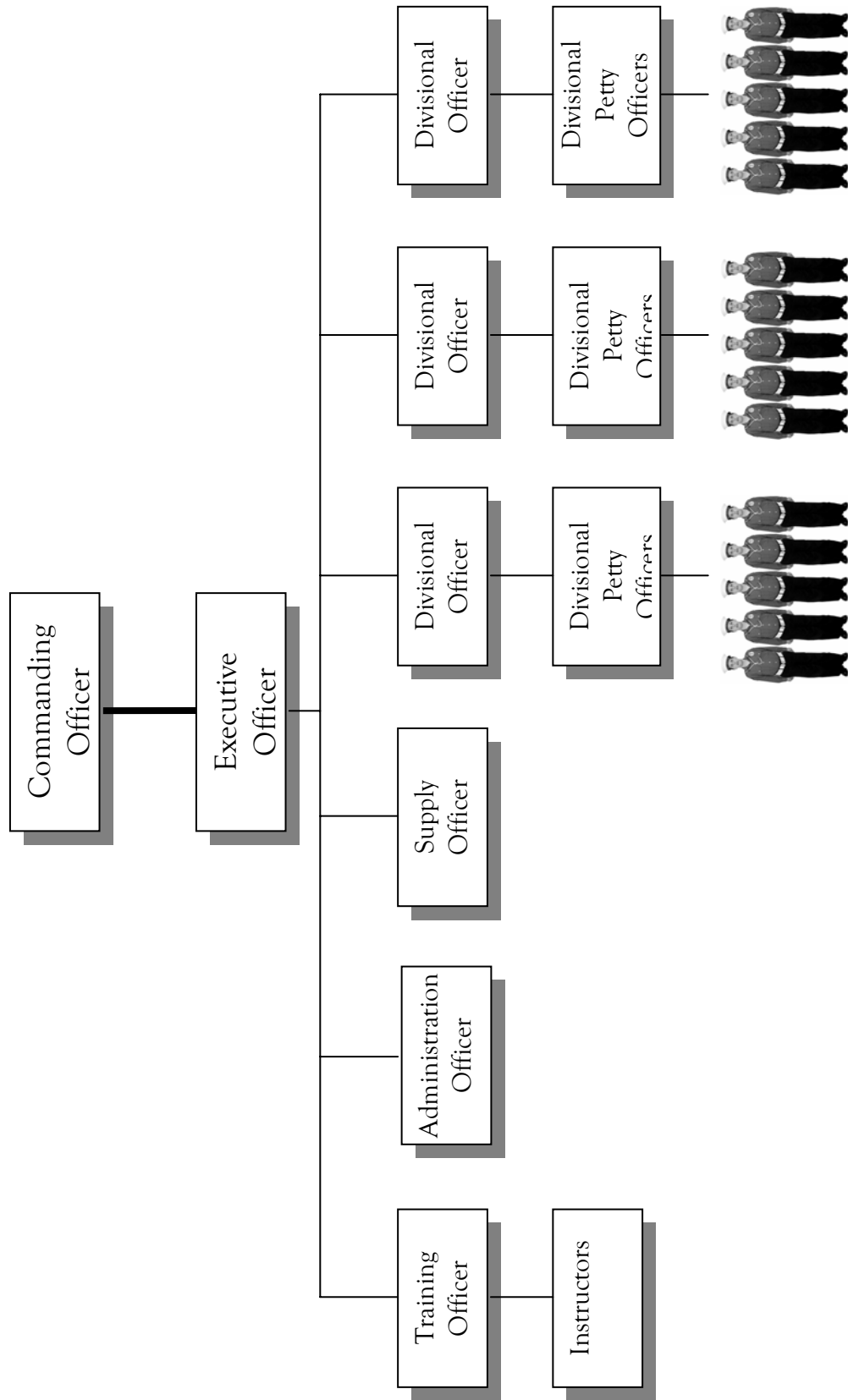
WRITE THE NAME OF THE OFFICER RANK BELOW EACH PICTURE



HOW THE DIVISIONAL SYSTEM WORKS



Navy League Cadet Corps Chain of Command and Divisional System





MEMBERS OF MY CORPS

Name of Corps: _____

Commanding Officer: _____

Executive Officer: _____

Training Officer: _____

Supply Officer: _____

Administration Officer: _____

My Division: _____

My Divisional Officer: _____

My Divisional Petty Officer: _____





Corps Organization and Ship's Routine Word Search

F	W	Y	E	Q	X	G	J	F	W	O	G
M	S	E	G	D	A	B	K	W	X	F	N
I	E	L	B	A	H	Y	A	L	R	F	I
D	G	U	G	N	I	D	A	E	L	I	D
S	C	Q	E	Y	P	H	T	K	N	C	N
H	D	I	V	I	S	I	O	N	N	E	A
I	T	R	A	I	N	I	N	G	G	R	M
P	T	N	A	N	E	T	U	E	I	L	M
M	C	O	M	M	A	N	D	E	R	X	O
A	N	P	E	T	T	Y	R	A	N	K	C
N	L	C	H	I	E	F	C	A	D	E	T
S	H	I	P	Y	J	S	U	P	P	L	Y

ABLE
CHIEF
DIVISION
MIDSHIPMAN
RANK
TRAINING

BADGES
COMMANDER
LEADING
OFFICER
SHIP

CADET
COMMANDING
LIEUTENANT
PETTY
SUPPLY



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