

Name:

The Sea Cadets

C1	Tour of Unit Headquarters
C2	Unit Organisation
C3	Unit Activities
C4	The Aim of the Sea Cadets
C5	The Sea Cadet Promise
C6	Advancement in the Sea Cadets
C7	Sea Cadet Ranks & Rates
C8	Cadet Uniform and its History

Taught	Assessed
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Score	Assessed By:
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Parade Training

C9	Reasons for Drill
C10	Squad Drill
	Falling In & Falling Out
	Standing to Attention
	Standing at Ease & Easy
	Dressing off (With, Without & Half Arm)
	Numbering
	Left, Right & About Turns (Static)
	On & Off Caps/Berets
	Saluting

Ships Routine

C11	Colours & Evening Colours Ceremonies
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Seamanship and Boatwork

C12	Parts of a Ship
C13	General Sea Terms
C14	Bends & Hitches
C15	Parts of an ASC and an Oar
C16	Water Safety Certificate (Practical)
C17	Water Safety Certificate (Theory 1)
C18	Water Safety Certificate (Theory 2)
C19	Water Safety Certificate (Theory 3)
C20	Health & Hygiene

Physical Training

C21	Fitness & Swimming
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First Aid

C22	Scope of First Aid
C23	Fire Prevention
C24	Health & Safety

Sheet Completed:	
Date:	

(Divisional Officer)
(Training Officer)