



321SQN AAFC JI/29016

**JOINING INSTRUCTION – 2-21 FIELDEX (CADETNET ACTIVITY 29016)**

<b>ACTIVITY TITLE</b>	FIELDEX 2-21
<b>ACTIVITY LOCATION/ DETACHMENT ADDRESS</b>	Remlap Park 1282 Bucketts Way Allworth NSW 2425
<b>ACTIVITY COMMENCEMENT</b>	0800h 21 Aug 21
<b>ACTIVITY CONCLUSION</b>	1500h 22 Aug 21
<b>TRAVEL REQUIREMENTS</b>	Travel to and from the activity will be by own means.
<b>UNIFORM REQUIREMENTS</b>	DPU with Bush Hat
<b>ACTIVITY OFFICER-IN-CHARGE (OIC)</b>	FLTLT(AAFC) Grant Mayler T: 0408 345 333 E: <a href="mailto:co.321sqn@airforcecadets.gov.au">co.321sqn@airforcecadets.gov.au</a>
<b>ACTIVITY COORDINATOR/ EMERGENCY CONTACTS (In order of preference)</b>	LAC(AAFC) Isaac Saccaro T: 0439 309 308 E: <a href="mailto:trgops.321sqn@airforcecadets.gov.au">trgops.321sqn@airforcecadets.gov.au</a>  FLGOFF(AAFC) Nicola Mayler T: 0432 132 104 (321SQN duty phone) E: <a href="mailto:xo.321sqn@airforcecadets.gov.au">xo.321sqn@airforcecadets.gov.au</a>
<b>ATTENDANCE REQUIREMENTS</b>	Attendance at this activity is compulsory to all staff and cadets

**INTRODUCTION**

1. This instruction has been issued to assist you in your preparation to attend FIELDEX 2-21. This activity is to be conducted to finalise home fieldcraft training IAW the requirements of the AAFC Manual of Learning Management
2. For the duration of the activity, you will be under the command of the Activity OIC, **FLTLT(AAFC) Grant Mayler**.
3. This Joining Instruction is an authoritative document; you are to read and comply with its contents. Speak to you section commander or senior cadets at 321SQN who have attended activities like this in the past. They will prove an invaluable source of information regarding what to expect.

**ADMINISTRATIVE DETAILS**

4. **Forms and documentation.** You must ensure that you bring your Australian Air Force Cadets Identification (AAFC ID) Card.

5. An 'Activity Notification and Consent Form' is to be downloaded, correctly completed and reuploaded to the activity in CadetNet **TWO WEEKS** prior to the commencement of the activity. **It must be signed by your parent or legal guardian if you are under 18 years of age.** The original should be brought with you on the activity and kept in the top right-hand pocket of your shirt. Paper copies of the consent form will not be accepted.
6. Should you be unable to access CadetNet then the current version of the 'Activity Notification and Consent Form' can be sourced via the 3WGAAFC Portal within CadetNet: <https://members.cadetnet.gov.au/aafc/3WG/3WG%20Resource%20Centre/1.%20Forms%20and%20Templates>
7. **Medical conditions, allergies and dietary requirements.** It is important that 'Your Health Declaration' and all other medical and emergency contact details are up to date in CadetNet. You should inform the First Aid Officer or activity staff as soon as possible if you have any medical conditions, allergies or special dietary requirements. Any acute injury, illness or contagious/infectious diseases in the last 4 weeks require a doctor's certificate to be presented to the First Aid Officer or activity staff. This will ensure that your needs are taken into account when attending the activity. **Cadets should also arrive on the activity with copies of any required Health Management Plan (HMP).**
8. The Australian Defence Force (ADF) is unable to provide a severe food allergy free environment (such as from peanuts) in relation to the consumption of food during cadet activities. Such a risk may be life threatening for people who suffer from a severe food allergy. Parents may consider it is in their child's best interest not to allow participation of their child in the proposed activity. In the event that the child is allowed to attend a catered cadet activity, the parents may choose to provide, at their own expense, sufficient food to cover the duration of the activity.
9. If you or your parents have any concerns on these matters, you should speak with your SQN staff.
10. A Food Allergy Management Plan (FAMP) for this activity can be downloaded from CadetNet.
11. **Activity related costs.** This activity has no associated cost.
12. **Contact information.** During the activity, the OIC or activity coordinator may be contacted in an emergency by telephoning the 321SQN duty phone **0432 132 104**. Alternative contact numbers for the co-ordinating staff are listed above.
13. **Nominal roll.** The nominal roll for this activity is contained in CadetNet.
14. **Withdrawal from activity.** Should you wish to withdraw from the activity **prior to the close of nominations**, withdraw your nomination on CadetNet. Should you wish to withdraw from the activity **after the close of nominations**, you are required to contact the Activity Coordinator and your Commanding Officer by email.
15. **Leave.** Leave during the activity will not normally be granted. However, any requests should be made to the Activity Coordinator.

#### **ADDITIONAL ACTIVITY REQUIREMENTS**

16. Participating cadets should revise their FCR, FCB, and FCP notes before attending the FIELDDEX. Note that practical assessments will be conducted during this activity for all training

stages. Additionally, cadet leadership assessments will be conducted on cadets who have expressed interest and nominated to attend the next series of promotion courses.

## **TRAVEL, ACCOMMODATION AND MESSING**

17. **Travel.** Travel to and from this activity will be by own means. A map, indicating the location of the venue and specific meeting point is included in Annex A. Cadets are to contact the Activity Coordinator by phone if they are running late. Cadets travelling via public transport are to wear civilian attire and bring their uniform in a bag (preferably concealed) to change into upon arrival at the activity.

18. **Reporting/Dismissal.** - Staff and cadets participating in the activity are to report to the 321SQN Duty Member at REMLAP Park at 0800h 21 Aug 21. Cadets will be dismissed from the same location at 1500h 22 Aug 21.

19. **Accommodation.** Cadets are required to bring their own personal shelter. It is recommended that cadets bring a hootchie, or alternatively a small individual tent. (321SQN will have a limited number of small tents available for those who do not own a tent. Cadets who require a tent from the SQN are required to let the TRGO/SSO know NLT Two (2) Weeks prior to activity). Personal tents are to comply with 321SQN SI. Cadets should ensure that they are able to easily carry the shelter as part of their field pack.

20. **Messing.** Participants are to bring their own rations for the duration of the activity. A suggested ration plan is included as ANNEX C of this Joining Instruction. NOTE: There is no refrigeration available on the FIELDEX. 321SQNA AFC will not be providing meals.

21. Cooking will be carried out using individual hexamine stoves. It is recommended that cadets provide their own small amount of hexamine tablets (321SQN will have a limited amount of hexamine tablets available). 321SQN will have a limited number of hexamine stoves available on the FIELDEX. Cadets who require a hexamine stove, mess kit, water bottles are required to speak with the SQN SSO NLT Two (2) Week prior to the activity. Cadets are also advised to bring some meals that can be eaten without heating, in the event of a total fire ban.

22. **Food handling requirement.** There is no requirement for food handling qualifications for this activity.

## **UNIFORM AND EQUIPMENT**

23. **Dress.** Dress for this activity will be DPU with Camouflaged Bush Hat. Cadets may bring spare DPU, plus spare underwear and socks.

24. All uniforms are to be worn, and personal appearance is to be, IAW AAFC Manual of Dress and 321SQN SIs.

25. You are to ensure that you have a regulation haircut prior to your arrival at the activity. Female cadets are to ensure that hairstyles conform to AAFC requirements. Males of shaving age are to ensure they have shaved prior to arrival at the activity.

26. **Personal equipment.** A detailed list of personal equipment that you will require is contained in Annex D .

27. Lack of foot care and correct preparation of the feet is the most common cause of medical problems on cadet activities. Some detailed information regarding foot care is contained at:

<https://members.cadetnet.gov.au/aafc/3WG/3WG%20Resource%20Centre/1.%20Forms%20and%20Templates>

28. ALL items brought to the activity are the responsibility of the owner of the item. The AAFC will accept no responsibility for any loss or damage to items brought on the activity. All personal items (including clothing) are to be clearly labelled with the OWNER'S NAME and CADETNET ID.

29. **Prohibited items.** The following items are prohibited on this activity:

- a. weapons, including pocket, sheath or flick knives or similar items
- b. fireworks, ammunition or pyrotechnics of any description
- c. smoking material of any description, including matches and lighters
- d. alcohol or drugs in any form (authorised medications are to be logged with activity staff upon arrival)
- e. electronic entertainment devices (excluding mobile phones, tablets and laptops)
- f. pornography or any offensive material.

## CONDUCT AND BEHAVIOUR

30. **Discipline.** Any breaches of discipline will be dealt with immediately. Any serious breach is grounds for sending a cadet home.

31. Breaches of personal or general hygiene will not be tolerated. The activity area will be regularly inspected to ensure the maintenance of appropriate standards in this regard.

32. **Equity & diversity and inappropriate behaviour.** The OIC will conduct a briefing on these matters when you arrive at this activity. However, all members are reminded of the instructions on unacceptable sexual behaviour as outlined in AAFC SI(ADMIN) 09-01 and ADFC Youth Policy (YOUTHPOLMAN) and are required to observe the standards outlined. Members are also reminded that any investigation into allegations of sexual harassment, equity & diversity breaches or fraternisation will be thorough. Involvement in such matters may result in your removal from the activity, potentially at the expense of your parent or guardian.

33. **Mobile phones.** Mobile phones may be carried by cadets on the condition that they remain switched off during the activity. Mobile phone communication (voice calls, SMS, MMS etc.) will only be permitted during the stand down period (personal time). During stand down periods, cadets may access social media for the purpose of viewing content and may use apps such as messenger to communicate with family and friends outside of the activity. At no time are cadets to make public posts or comment on other posts.

34. Parents/guardians who need to contact their child in the case of an emergency should use the phone numbers provided at the head of this Joining Instruction.

35. **Photography.** Photography of Cadets during this activity may only occur with their consent. Photography and videography on ADF Establishments is strictly controlled and is prohibited by cadets, including during stand-down in cadet accommodation. Any photography by cadets will be considered as a security breach and will result in disciplinary action, possibly including removal from the activity. Authorised photographs will be provided by activity staff.

## SECURITY

36. Any unwarranted conduct or approaches by members of the public are to be ignored and reported up the chain of command as soon as practicable.
37. Cadets and staff are reminded that they must have their AAFC ID Card on them at all times. Cadets and staff will not be allowed to attend this activity if they do not adhere to this requirement.
38. As a result of the increased SAFEBASE level at all Defence establishments members are reminded that a valid ID must be visible and above the waist when on Defence premises. AAFC ID Cards **must not** be displayed outside of Defence premises.

## FAINTING RISKS

39. Members are to ensure they are of adequate health and physical fitness to participate in the activity. Further detail is contained in 3WG SI(OPS) 02-01 Fainting Risks. If you have any concerns, please contact the Activity Coordinator.
40. Cadets should ensure that they are adequately nourished and hydrated before the activity. Members are instructed to eat breakfast before attending a morning activity.

## COVID-19 SAFETY

41. The activity consent form incorporates a COVID-19 questionnaire that all participants must complete before uploading into the CadetNet activity. The questionnaire details the circumstances where 321SQN members may be excluded from attending the activity due to possible risk of COVID-19 transmission.
42. Whilst participating in the activity, 321SQN members will exercise social distancing requirements, and undertake regular hand washing/sanitizing and targeted cleaning of training areas and equipment before and after use.

## QUESTIONS

43. Any questions relating to this activity should be directed to the Activity Coordinator in the first instance.



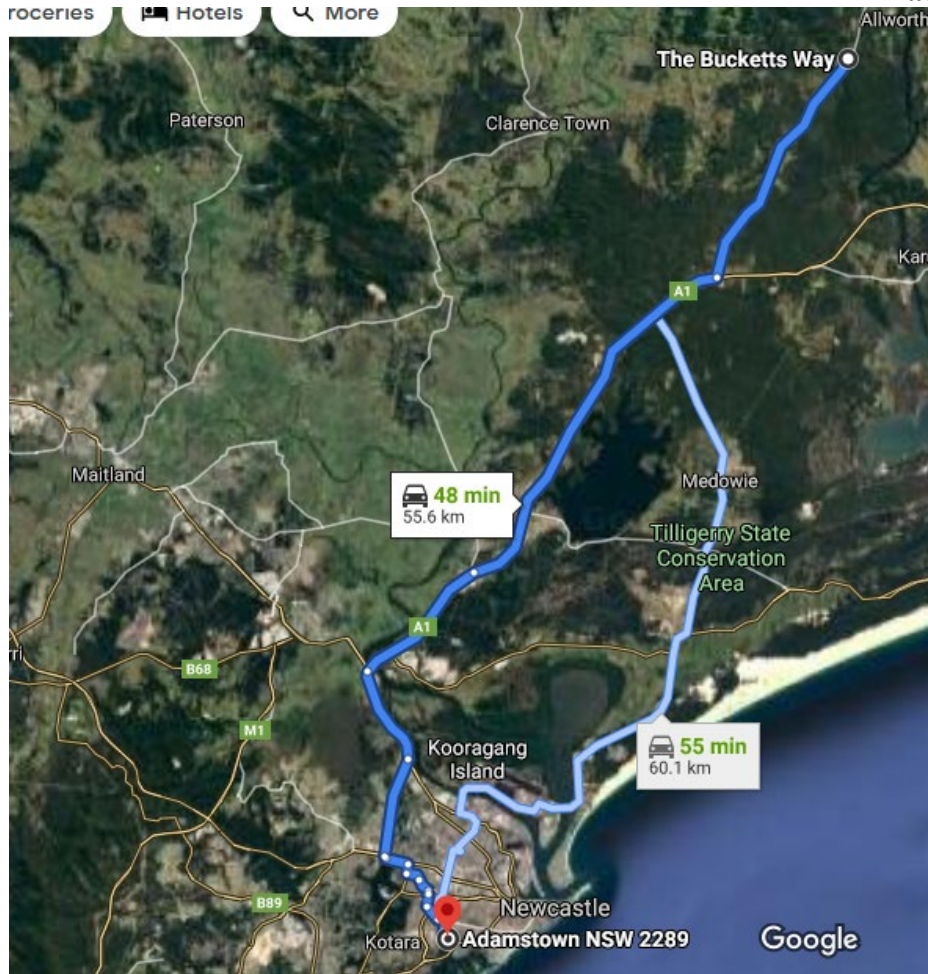
**I. Saccaro**  
LAC(AAFC)  
TRG-OPS 321SQN AAFC

T: 0439 309 308  
E: [trgops.321sqn@airforcecadets.gov.au](mailto:trgops.321sqn@airforcecadets.gov.au)

19 Jul 21

**Annexes:**

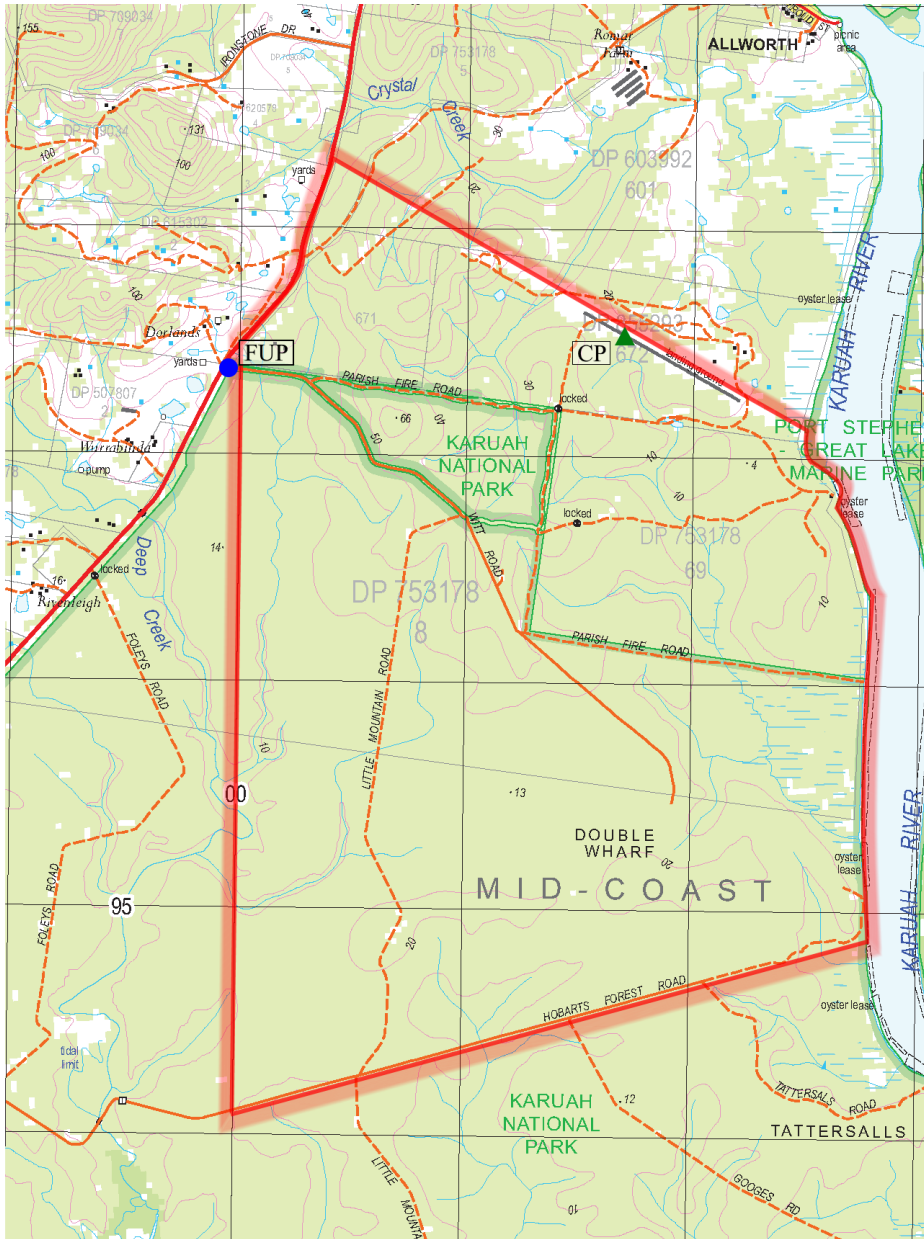
- A. Location Information
- B. Training Program
- C. Ration List
- D. Equipment List



**FROM 321QNA AFC – Military Road Adamstown NSW 2289 to REMLAP Park 1282  
Bucketts Way Allworth NSW 2425  
Approximate travel time: 48 Minutes**

Serial	Direction	Description
1	North	Along Bunker Road
2	Left	Glebe Road
3	Continue	St James Road
4	Veer Right	Royal Street
5	Continue	Royal Place
6	Left	Alma Road
7	Right	Lambton Road
8	Right	Lambton Road / Hobart Road (access road)
9	Left	Hobart Road
10	Continue	Howe St
11	Right	Croudace St
12	Left	Newcastle Road
13	Right	Newcastle Inner City Bypass
14	Left	Maitland Road
15	Veer Left	Hexam Bridge
16	Continue	Pacific Highway
17	Left	The Bucketts Way
18	Right	Parish Fire Road

19	Arrive	Cnr Bucketts Way & Parish Fire Road
----	--------	-------------------------------------





**TRAINING PROGRAM**

21 Aug 21

<b>Time (h)</b>	<b>Description</b>
0800	Cadet and Staff Arrive at FUP.
0830	Cadets and Staff Move to CP
0915	OIC and FIELDEX Brief
0925	Training Commences in Accordance with Activity EXINST
1145	Lunch
1230	Training Continues in Accordance with Activity EXINST
1630	Shelter Set Up
1700	Dinner
1800	Night Training Commences in Accordance with Activity EXINST
2100	Stand down
2200	Lights out

22 Aug 21

<b>Time (h)</b>	<b>Description</b>
0700	Reveille
0730	Breakfast
0830	Training Commences in Accordance with Activity EXINST
1145	Lunch
1230	Training Continues in Accordance with Activity EXINST
1330	Shelter Pack Up
1415	Cadets and Staff Move to FUP
1500	Dismissal

## **SUGGESTED RATION PLAN**

### **1. Meal Coverage**

Cadets will need to provide rations for four meals. These meals are:

- Lunch Saturday 21 Aug
- Dinner Saturday 21 Aug
- Breakfast Sunday 22 Aug
- Lunch Sunday 22 Aug

### **2. Appropriate Foods**

There is no refrigeration at the FIELD EX area, so cadets should not bring perishable food which may spoil, or food which may melt. Fresh food (e.g. sandwiches and fruit) may be used for lunch on Day 1 of the activity. Rationing for all other main meals should preferably be structured around tinned high-energy food (e.g. pasta) as it has the advantage of being able to be cooked in the (opened) tin or consumed cold, thereby eliminating some need for cooking equipment etc. Muesli and protein bars can also be used for breakfast. Use of dried/reconstituted foods should be minimised as water used to prepare these foods should be conserved for drinking.

### **3. Meal Planning**

Each meal can be planned around one tinned main meal, supplemented by other items such as:

- Instant noodles
- Tinned or dried fruits;
- Cheese or fruit sticks;
- Chocolate or muesli bars;
- Bread/bread rolls;
- Tea or coffee (for milk, tube condensed-type is recommended);
- Instant soup.

### **4. Food allergy/infection considerations**

Participants are advised not to share food or drinks to prevent cross-contamination of allergens or infectious illness. Participants are to inform directing staff of any food allergy or infection issues prior to meal preparation periods.

### **5. Rubbish Removal**

Each cadet must remember that whatever they take into the FIELDEX site must be carried out by them, rubbish included. Therefore, excessive amounts of food should not be taken. Large communal rubbish bags are not to be used; all personal rubbish items are to be removed individually.

**PACKING LIST**

**List of Recommended Clothing and Equipment**

<b>ITEM</b>	<b>QTY (Min)</b>	<b>CHECK</b>
DPU trousers	1	
DPU shirt (long sleeve)	1	
DPU jumper or field jacket	1	
Rain gear	1	
GP/Field boots	Pair	
Socks	2 Pairs	
DPU hat	1	
DPU rank slides (optional)	Pair	
Field pack (or equivalent)	1	
Water bottle (1 litre minimum)	2	
Webbing (optional)	Set	
Sleeping bag	1	
Hootchie or small tent	1	
Hexamine stove and fuel tablets	1	
Pan set messing (dixies)	1	
Knife Fork Spoon (KFS)	Set	
Torch	1	
Cam cream (optional)	1	
Waterproof matches/cigarette lighter	1	
Gloves	Pair	
Underwear	2 Pairs	
Small towel	1	
Soap	1	
Toothbrush and toothpaste	1	
Shaving gear (if required)	1	
Insect repellent	1	
Sunscreen	1	
Shoe cleaning kit	1	
Plastic garbage bags	2	
Black PVC tape	Roll	
Note book & pen	1	
First Aid / blister kit	1	

ALL items are to be carried in personal load carrying equipment (field pack and webbing), and should be clearly marked with the owner's name and service number.

Recruits should bring lunch, water, rainwear (if required) and notebook/pens in a suitable day pack.