



321SQNA AFC JI/8081

## JOINING INSTRUCTION – FIELDEX 1-19 (CADETNET ACTIVITY 8081)

<b>ACTIVITY TITLE</b>	FIELDEX 1-19
<b>ACTIVITY LOCATION/ DETACHMENT ADDRESS</b>	Boyd's Farm ADF Training Area Pipeclay Creek Road Ferodale NSW 2318
<b>ACTIVITY COMMENCEMENT</b>	0800h 18 May 19.
<b>ACTIVITY CONCLUSION</b>	Recruit stage cadets 1600h 18 May 19. All other staff and cadets 1500h 19 May 19
<b>TRAVEL REQUIREMENTS</b>	Travel to and from the activity will be by own means.
<b>UNIFORM REQUIREMENTS</b>	DPU
<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>	CPL(AAFC) Matthew Whitelaw T: 0431 158 110 E: <a href="mailto:trgo.321sqn@airforcecadets.gov.au">trgo.321sqn@airforcecadets.gov.au</a>  FLGOFF(AAFC) Nicola Mayler T: 0400 372 839 (321SQN duty phone) E: <a href="mailto:admino.321sqn@airforcecadets.gov.au">admino.321sqn@airforcecadets.gov.au</a>
<b>ATTENDANCE REQUIREMENTS</b>	Attendance at this activity is compulsory for all staff and cadets.

### INTRODUCTION

1. This instruction has been issued to assist you in your preparation to attend the 321SQN 1-19 FIELDEX from 18-19 May 19. This is a compulsory activity for all staff and cadets. For the duration of the activity you will be under command of the Activity OIC, **FLTLT(AAFC) Grant Mayler**
2. This Joining Instruction is an authoritative document; you are to read and comply with its contents. Speak to senior cadets at your squadron who have attended activities like this in the past. They can prove an invaluable source of information regarding what to expect.

### ADMINISTRATIVE DETAILS

3. **Forms and documentation.** You must ensure that you bring your Australian Air Force Cadets Identification Card (AAFC ID).
4. An 'Activity Notification and Consent Form' is to be downloaded from, correctly completed and reuploaded to the activity in *CadetNet* **ONE WEEK** 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. Have this document ready to present to staff on arrival.

5. 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>

6. **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.**

7. 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.

8. If you or your parents have any concerns on these matters, you should speak with your SQN staff.

9. A Food Allergy Management Plan (FAMP) is not required for this activity.

10. **Activity related costs.** Nil.

11. **Contact information.** During the activity, the OIC or activity coordinator may be contacted in the case of an emergency. Please note, only contact the OIC in the case of an emergency, cadets will have access to mobile phones during stand-down in order to contact home.

12. **Nominal roll.** The nominal roll for this activity is contained in *CadetNet*.

13. **Withdrawal from activity.** Should you wish 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.

14. **Leave.** Leave during the activity will not normally be granted. However, any requests should be made to the Activity Coordinator.

## **ADDITIONAL ACTIVITY REQUIREMENTS**

15. Participating cadets should revise their FCR and SVP notes before attending the FIELDX. Note that practical assessments will be conducted during this activity for FCR. Additionally, cadet leadership assessments will be conducted on cadets who have nominated to attend the next series of promotion courses.

16. In the case of inclement weather, view the 321SQN website and Facebook pages for activity updates.

## **TRAVEL, ACCOMMODATION AND MESSING**

17. **Travel.** Travel to and from this activity will be by own means. 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. Cadets who wish to travel in transport driven by other cadets must obtain approval from the CO before the activity, IAW 321SQN SI. Cadets who wish to travel to/from the activity with people who are not their parents/caregivers (eg in a car-pooling arrangement) must provide written permission to CO 321SQN from their parent/caregiver before the activity.

19. There is limited space for parking of personal vehicles at the FIELDEX area. Cadets should make arrangements with the CO prior to the activity to gain permission to bring their personal vehicle.

20. **Reporting/Dismissal.** Participating cadets are to report to the 321SQN staff at the set-down point at the end of Pipeclay Creek Road, Ferodale at 0800h 18 May 19. Recruits will be dismissed from the same set-down point at 1600h 18 May 19. All other cadets will be dismissed from the set-down point at 1500h 19 May 19.

21. **Accommodation.** Cadets are required to bring their own personal shelter. It is recommended that cadets bring a hootchie, or alternatively a small individual tent (personal tents are to comply with 321SQN SIs). Cadets should ensure that they are able to easily carry the shelter as part of their field pack. Recruits will not require a shelter.

22. **Messing.** Participants are to bring their own rations for the duration of the activity. A suggested ration plan is included as Annex B to this JI. Recruits should bring a packed lunch for lunch on Sunday. Please note that there is no refrigeration in the FIELDEX area.

23. Cooking will be carried out using individual hexamine stoves. 321SQN can provide a limited amount of these solid-fuel stoves, and cadets should consider acquiring their own stoves. Cadets are also advised to bring some meals that can be eaten without heating, in the event of a total fire ban.

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

## **UNIFORM AND EQUIPMENT**

25. **Dress.** Dress for the duration of this activity is Disruptive Pattern Uniform (DPU). Headdress will be bush hat/giggle hat. Other forms of headdress are not suitable for the field environment. Cadets may bring a spare set of DPU, plus spare underwear and socks.

26. All uniforms are to be worn, and personal appearance is to be, IAW AAFC Manual of Dress.

27. You are to ensure that you have a regulation haircut prior to your arrival at the activity. Males of shaving age are to ensure they have shaved prior to arrival at the activity.

28. All items are to be contained in one field pack and one set of webbing, which can be carried over a distance of several kilometres. Recruits are to bring their lunch and equipment in a suitable day-pack.

29. **Personal equipment.** A detailed list of personal equipment that you will require is contained in Annex C. Recruits will only require the items for one day in the field (ie second uniform set is not required).

30. It is recommended that cadets bring a small personal first aid kit containing equipment for treating blisters, such as band-aids, dressings and tape. Cadets who are prone to blisters should also bring a set of sports shoes to change into should they develop blisters.

31. Cadets must bring bottles containing a total of at least 2 litres of water, and may choose to bring sunscreen and insect repellent, as well as sunglasses of a conservative design (no bright reflective colours). There will be ample re-supply points for water.

32. 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>

33. 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.

34. **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**

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

36. 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.

37. **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 Volume 2, Part 1, Chapter 10 of the AAFC Manual of Management and the AAFC Code of Conduct, 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.

38. **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.

39. 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.

40. **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

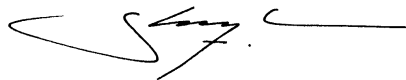
41. Any unwarranted conduct or approaches by members of the public are to be ignored and reported up the chain of command as soon as practicable.

42. Cadets and staff are reminded that they must have their AAFC ID Card on them at all times. Cadets will not be allowed to attend this activity if they do not adhere to this requirement.

43. 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.

## QUESTIONS

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



**G. Mayler**  
FLTLT(AAFC)  
CO 321SQN AAFC

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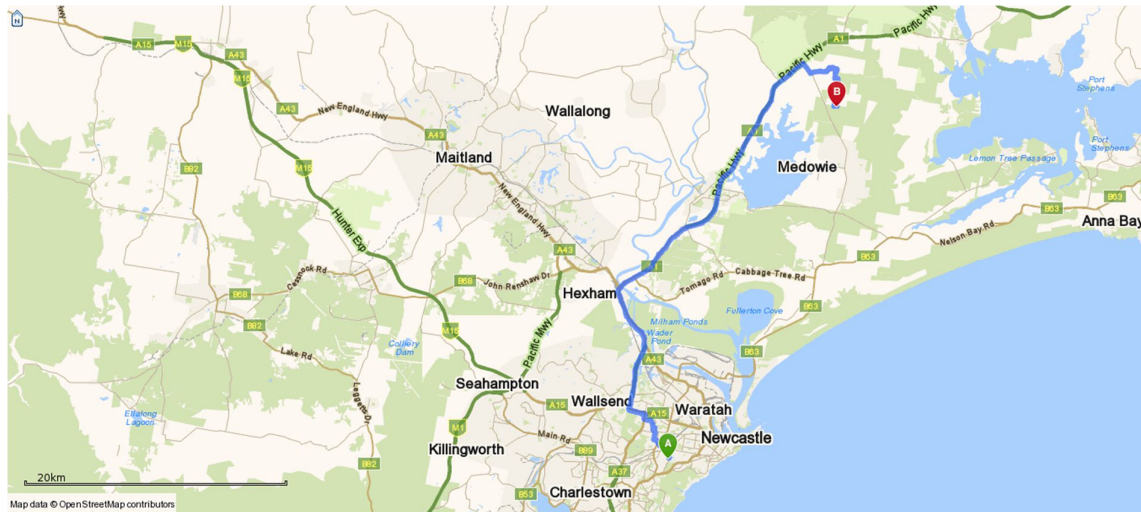
28 Apr 19

**Annexes:**

- A. Location Information.
- B. Ration Plan.
- C. Equipment List.

**LOCATION INFORMATION**

**321SQN AAFC to Boyd’s Farm ADF Training Area**



<b>Serial</b>	<b>Description</b>	<b>Distance</b>
1	Continue on Brunker Rd, Adamstown Heights - proceed North	220m
2	At the roundabout take the 2nd exit onto Brunker Rd, Adamstown	535m
3	Turn left onto Glebe Rd, Adamstown	485m
4	Continue along Saint James Rd, Adamstown	1.1km
5	Turn right onto Regent St, New Lambton	840m
6	Turn right onto Avondale Rd, New Lambton	170m
7	Turn left onto Hobart Rd, New Lambton	403m
8	Continue along Howe St, Lambton	767m
9	Turn right onto Croudace St, Lambton	487m
10	Continue along Newcastle Rd, Lambton after ramp	944m
11	Continue along the Newcastle Rd ramp, Jesmond	338m
12	At the roundabout take the 1st exit onto Newcastle Inner City Bps, Jesmond	4.9km
13	Veer left onto Maitland Rd, Sandgate	4.7km
14	Continue along Pacific Hwy, Hexham	4.6km
15	Continue along Pacific Hwy, Heatherbrae	2.7km
16	At the roundabout take the 2nd exit onto Pacific Hwy, Heatherbrae	16km
17	Turn right onto Medowie Rd, Ferodale	964m
18	Continue along Medowie Rd	3.1km
19	Turn right onto Pipeclay Creek Rd (NB gravel road)	900m
20	Arrive at set-down point	

## **SUGGESTED RATION PLAN**

### **1. Meal Coverage<sup>1</sup>**

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

- Lunch Saturday 18 May 19
- Dinner Saturday 18 May 19
- Breakfast Sunday 19 May 19
- Lunch Sunday 19 May 19

### **2. Appropriate Foods**

There is no refrigeration at the FIELDEX area, so cadets should not bring perishable food which may spoil, or food which may melt. Fresh food (eg 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 (eg 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.

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<sup>1</sup> NB. Recruit Stage cadets will require lunch only on Saturday. This should be a packed lunch of sandwiches, fruit, snacks etc.



## EQUIPMENT LIST

### List of Recommended Clothing and Equipment

ITEM	QTY	CHECK
DPU trousers	2	
DPU shirt (long sleeve)	2	
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.