

# Qualifying Activities – Cadets

## Service, Skill, and Physical Recreation

### Time Requirements

| Level                | Section Requirements            |
|----------------------|---------------------------------|
| Bronze               | Min. 3 months (or 6 if Major)   |
| Silver (with Bronze) | Minimum 6 months                |
| Silver Direct Entry  | Min. 6 months (or 12 if Major)  |
| Gold (with Silver)   | Minimum 12 months               |
| Gold Direct Entry    | Min. 12 months (or 18 if Major) |

### Service

Service includes any activities that contribute to the community.

#### Example Activities:

- Parades
- Poppy Campaign
- Food Drives
- Service at local legion
- Instructing cadets
- Remembrance Day
- Volunteering at a sporting event
- Volunteering with non-profits
- Community fundraisers/events

#### What DOESN'T count?

- Paid Activities
- Babysitting for relatives
- Regular Cadet meetings
- Internships (i.e. unpaid work for a for-profit company)

### Physical Recreation

Physical Recreation includes any kind of physical activity

#### Example Activities:

|                  |                 |                 |
|------------------|-----------------|-----------------|
| Biathlon         | Drill           | Squadron Sports |
| Orienteering     | Running/jogging | Swimming        |
| Going to the Gym | Martial Arts    | Wrestling       |
| Skiing           | Kayaking        |                 |

**What DOESN'T Count?**  
Physical Education Class

### Skill

The chosen skill can be something new or the continued development of a previous skill. One skill is chosen to practice for the duration of this section.

#### Example Activities:

- Marksmanship
- Band
- Colour Party
- Flag Party
- Classroom instruction
- Seamanship
- Flying
- Gliding
- Woodworking
- Driving
- Singing
- Sewing
- Chess
- Public Speaking
- Photography
- Knitting
- Debating

#### What DOESN'T count?

Physical activities ( team sports, dance, martial arts). School classes for which school credits are earned (e.g. art class, band, cooking class).

Skills worked on at school can count as long as substantial extra-curricular effort is made in addition to the course requirements. A school activity that is not counted for credit can also count