

Exercise 1 - The Pig test

Purpose of exercise - To have a bit of fun and tell the cadets a bit about their personality

Preparation - Get all cadets sat down, with a BLANK piece of paper and something to draw with

Exercise - Draw a Pig..... {that's all you tell them, apart from they have 5 minutes and to take as long or as short as they want. }

For Staff - Make sure they can't see what other cadets are drawing.

When finished -

Group together (results are funny and this way they bond a bit at the same time)

Now Staff member read out the below analysis and see how much is true

How the pig is drawn Answer Key:

Toward the top of the paper: You are positive, optimistic with a sunny outlook.

Toward the bottom: You may be a skeptic or somewhat cynical, with a tendency to see the glass as half-empty.

Toward the middle: You are a realist, very pragmatic.

Facing left: You believe in tradition, are friendly and remember dates (birthdays, anniversaries, etc.)

Facing right: You are innovative, creative and active, but may not have a strong sense of family, preferring autonomy. You have a tendency to forget dates.

Facing front: You are direct, enjoy playing devil's advocate, not afraid of confronting a bad situation, neither fear nor avoid hard questions or discussions.

With many details: You are analytical, cautious and somewhat distrustful or wary of others.

With few details: You are emotional and naive, you tend to see the big picture, but be impatient with details. You are a risk-taker.

With fewer than 4 legs showing: You may be living through a period of change, self-reflection.

With 4 legs showing: You have a healthy self-image, may be stubborn, but stick to your principles and ideals.

How big are the ears? The size indicates how good a listener you are. The bigger, the better.

Exercise Night 01/04/03

Exercise 1 – NBC Relay Race

Purpose of exercise:

To build teamwork within the flight.

Preparation:

- 1 .303 rifle with 5 training rounds and magazine on drill hall floor. (Bolt and magazine removed and 5 drill rounds next to the magazine)
- Camouflage net pegged down loosely on the front lawn.
- NBC suit comprising trousers, jacket and respirator with filter.
- Cadets need to be briefed on how to:
 - Put on the NBC suit and respirator correctly.
 - Strip down and reassemble the .303 rifle.
 - Use the .303 rifles to fire 5 training rounds.

Situation:

- The flight undertaking the exercise has been tasked with testing the MoD's shiny new nostalgic rifle in all conditions.

Mission

- The flight's mission is to test the new rifle under nuclear, chemical and biological conditions – how well and how fast it can be fired using NBC suits and respirators.

Execution

- Each team member must don the NBC jacket, trousers and respirator.
- The team member must then assemble the .303 rifle, load the rounds into the magazine, load the weapon and fire off 5 rounds. The weapon must then be stripped down and the parts left **exactly** as they were at the start.
- The team member then runs round the building, under the camouflage net and back into the main hall.
- The NBC suit is then passed to the next person and the sequence repeated until all of the flight has run the course.
- The course must be completed in as fast a time as possible.

Notes for DS

- **IMPORTANT:** The cadets will be briefed on how to use the respirators beforehand and will try them on to get used to them, however the filter will make the exercise very hard work and as such asthmatics should have access to their inhalers. Also, any cadet who finds the respirator seriously uncomfortable and starts to panic must have the respirator removed immediately.
- Encourage the commander of the exercise to brief the flight using the sequence above (SMEAC).
- Ensure the whole flight is involved by giving large amounts of vocal encouragement.
- Make a note of the time for each flight.
- All cadets will be involved in the race-including SNCO's. SNCO's will not command the flight; the position should be given to a Cpl or a cadet, chosen by the DS. The only person holding rank will be the exercise commander.

