



Day Activity BCR Ride
Stanley Park, Vancouver, BC
Saturday 23 May 2026

1. As part of the Army Cadet Training Program, the 2290 RCACC BCR (DCO) Cadet Corps will conduct the BCR Ride from 0900hrs to 1500hrs on Saturday 23 May 2026
2. This bike navigation activity will be conducted in Stanley Park, Vancouver, BC. During the activity activities cadets will receive, if required, formal bike riding instruction along with a safety orientation, map orienteering, small party leadership taskings, teamwork, and other supervised core program related safe and fun activities.
3. Background: 2290 RCACC BCR (DCO) staff have conducted an in-person reconnaissance of the training area. The recce report determined the area to be suitable and safe to deploy for the specific training exercise. The cell signal strength in the area is high, and the staff will also carry radios for communication. Additionally, the local St Paul's Hospital in Vancouver is 2 KMs from the training area, at 1081 Burrard St, Vancouver, BC.
4. All bikes and helmets will be provided by Spokes Bicycle Rentals in Vancouver.
5. Meals - Cadets will be eating prepared Subway lunch meals. They are encouraged to bring their own nutritious, high energy, packable snacks and water.
6. Parents/Guardians are to drop off their Cadet at the Drill Hall at 620 Beatty Street for 0900 on Saturday 23 May 2026. Cadets will be dismissed from the Drill Hall at 1500 hrs.
7. Major Jim Blomme will be the point of contact throughout the Activity and can be reached at james.blomme@cadets.gc.ca and/or by calling 778-789-4883.
8. Parents/Guardians are required to complete the "Spokes Bicycle Rental" acknowledgement of risk form and to sign the permission slip below including identifying any updates to your Cadets medical history, medication requirements and of any special dietary needs or allergies. **Both forms must be brought to the activity to allow the cadet to participate.**

I give permission for Cadet _____ to participate in 2290 BCR Cadet Corps activity BCR Ride from 0900hrs to 1500hrs on Saturday 23 May 2026.

I have provided relevant updates to my Cadets medical history, medication requirements and of any dietary needs and or allergies.



Name and Signature of parent/guardian

Date signed.

BASIC PERSONAL KIT LIST

Suitable outdoor athletic clothing - Dress for the activity, and expected weather.

- small day pack
- sturdy running shoes
- activity appropriate pants/shorts
- long sleeve shirt/t-shirt
- light sweater
- waterproof jacket
- spare socks
- toque/gloves/hat
- 1L water bottle, full

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Miscellaneous

- pen and note pad
- sunglasses
- sunscreen/lip balm
- small first aid kit
- small compass
- multi tool
- headlamp
- medications as required