

**ANNEX B, APPENDIX 7**  
**426 PC**  
**ASSESSMENT INSTRUCTIONS**

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**PRÉPARATION**

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**PRE-ASSESSMENT INSTRUCTIONS**

Review the assessment plan, assessment instructions and Assessment Checklist and become familiar with the material prior to conducting the assessment.

Photocopy for each cadet the 426 PC Assessment Checklist.

Obtain all resources required for the assessment.

**PRE-ASSESSMENT ASSIGNMENT**

Have the cadet review the assessment activity instructions and the Assessment Checklist to become familiar with the material prior to participating in the assessment. This review will be conducted by the expedition staff at the Expedition Centre upon the cadets' arrival.

**ASSESSMENT METHOD**

Performance assessment was chosen to observe the cadet's performing the required skills and make a judgment on the quality of the performance.

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**CONDUCT OF ASSESSMENT**

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**PURPOSE**

The purpose of this PC is to assess the cadet's ability to perform expedition skills.

**RESOURCES**

- 426 PC Assessment Checklist,
- Topographical / trail map of area,
- Selected (2) modes of travel-specific equipment,
- Personal expedition equipment, and
- Group expedition equipment.

**ASSESSMENT ACTIVITY LAYOUT**

The assessment will be conducted at the expedition centre during daylight hours.

All activities will be conducted IAW A-CR-CCP-951/PT-002.

The two selected modes of travel will be conducted during favourable weather under the following conditions:

- Canoeing assessment will be on flat water.
- Mountain biking assessment will be on familiarization / intermediate mountain bike trails.
- Hiking assessment will be on Class 3 hiking terrain.

- Snowshoeing assessment will be along a route.
- Skiing assessment will be along a level 2 route.

### ASSESSMENT ACTIVITY INSTRUCTIONS



The cadets may be provided assistance (eg, reminders, guided questions).



The assessment tool for 426 PC assesses the cadet's performance in the following areas: general expedition skills, canoeing, mountain biking, hiking, skiing, and snowshoeing.

Only two of the five modes of travel will be assessed. For this reason, 12 skills (Four general expedition skills and four technical skills per mode of travel) will be assessed. The modes of travel not used will not be assessed. Therefore those sections of the assessment checklist will be left blank.

After observing each skill being performed, make the judgment and indicate (with a check mark in the applicable box) on the Assessment Checklist whether the skill was:

- **Incomplete.** Over the course of the expedition, the skill was not attempted and / or not completed once even with assistance;
- **Completed with difficulty.** The skill was completed with some difficulty and / or required significant assistance from the assessor; or
- **Completed without difficulty.** The skill was completed without difficulty or with minimal assistance from the assessor.

Notes of observance may be written for the purpose of providing post-assessment descriptive feedback.



To ensure a safe environment, cadets shall be afforded only two safety-related warnings during the Silver Star Expedition, on the third warning for a similar incident they shall be assessed as incomplete on the PO and a note shall be made in the feedback section. Warnings shall be issued for significant failure to adhere to the safety principles taught in the EOs. When a warning is given, the instructor shall clearly identify what the cadet has done incorrectly, what steps they need to take to correct the error, and what action they should take in the future to avoid the error.

The assessor will be required to observe the cadets in their team during the conduct of the practical expedition activity and use the Assessment Checklist found in this appendix to monitor their performance.

As the PC is ongoing and deals with progressive skill development, the practice of limiting the number of attempts a cadet has to complete the PC does not apply. Attempts, however, are limited based on available time during the expedition training weekend.

Should a cadet's lack of progress be significant enough after multiple opportunities, the processes found in Chapter 3, Annex E, Training Counselling Session, shall be followed.

In the case of inclement weather limiting some aspects of assessment, a RCSU may grant a baseline proficiency based on incomplete observations. However, such circumstances must be recorded in the overall feedback section.

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## POST ASSESSMENT INSTRUCTIONS

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### RECORDING ASSESSMENT RESULTS

1. Indicate the overall performance assessment as:
  - a. **Incomplete.** If any of the 12 assessed skills were incomplete;
  - b. **Completed with difficulty.** If one to seven of the 12 assessed skills were completed without difficulty;
  - c. **Completed without difficulty.** If eight to eleven of the 12 assessed skills were completed without difficulty; or
  - d. **Exceeded standard.** If all 12 assessed skills were completed without difficulty.
2. Sign and date the Assessment Checklist. This should be done by the expedition OC.
3. Forward completed Assessment Checklist to the cadet's home unit.
4. Ensure a copy of the Assessment Checklist is attached to the cadet's training file.
5. The overall result will be recorded on the Gold Star Qualification Record located at Annex C.

### PROVIDING ASSESSMENT FEEDBACK

As this PC is ongoing, feedback should be provided to the cadets on a regular basis to inform them of their progress. This is accomplished through direct / immediate feedback during the practical expedition activity, group debriefings at the end of the training day and one-on-one interviews as required.

Discuss the performance results of each section of the Assessment Checklist and the overall performance results.

**PO 426 ASSESSMENT CHECKLIST**

Cadet's Name: \_\_\_\_\_

Corps: \_\_\_\_\_

<b>Mountain Biking</b>	<b>Incomplete</b>	<b>Completed With Difficulty</b>	<b>Completed Without Difficulty</b>
The cadet biked on familiarization / intermediate terrain for 40 to 50 km.			
The cadet shifted gears and adopted the body position appropriate to the terrain (up and downhill).			
The cadet applied front and rear braking techniques.			
The cadet adhered to trail safety regulations.			

Assessor's Name:

Feedback:

<b>Canoeing</b>	<b>Incomplete</b>	<b>Completed With Difficulty</b>	<b>Completed Without Difficulty</b>
The cadet canoed on flatwater for 15 to 20 km.			
The cadet executed the power stroke.			
The cadet paddled the canoe in a straight line (+/- 10 m) using the appropriate corrective stroke.			
The cadet adhered to on-water safety protocols.			

Assessor's Name:

Feedback:

<b>Hiking</b>	<b>Incomplete</b>	<b>Completed With Difficulty</b>	<b>Completed Without Difficulty</b>
The cadet hiked on class 3 terrain for 10 to 15 km.			
The cadet executed the rest step during an ascent.			
The cadet crossed an obstacle.			
The cadet adhered to trail etiquette.			

Assessor's Name:

Feedback:

<b>Skiing</b>	<b>Incomplete</b>	<b>Completed With Difficulty</b>	<b>Completed Without Difficulty</b>
The cadet skied on a level 2 trail for 6 to 10 km.			
The cadet ascended a hill using the herringbone or side-stepping technique.			
The cadet descended a hill controlling the speed by employing the full wedge.			
The cadet travelled in a safe manner.			

Assessor's Name:

Feedback:

<b>Snowshoeing</b>	<b>Incomplete</b>	<b>Completed With Difficulty</b>	<b>Completed Without Difficulty</b>
The cadet snowshoed on a trail for 8 to 10 km.			
The cadet ascended a hill using switchback turns and / or straight toeing.			
The cadet descended a hill demonstrating proper body and snowshoe position.			
The cadet travelled in a safe manner.			

Assessor's Name:

Feedback:

<b>General Expedition Skills, Leadership and Navigation</b>	<b>Incomplete</b>	<b>Completed With Difficulty</b>	<b>Completed Without Difficulty</b>
The cadet followed daily routine and conformed to the principles of Leave No Trace camping (eg, stored food and disposed of garbage).			
The cadet navigated for a leg of the expedition, identified location on the map and estimated the distance / time to travel.			
The cadet, as a team leader, ensured the well-being of team members, kept them informed, and used an appropriate tone to address them.			
The cadet participated in a group debriefing session.			

Assessor's Name:

Feedback:

PO 426 – OVERALL ASSESSMENT							
Check one	Incomplete		Completed With Difficulty		Completed Without Difficulty		Exceeded Standard
<b>Overall Performance</b>	If any of the 12 assessed skills were incomplete.		If one to seven of the 12 assessed skills were completed without difficulty.		If eight to eleven of the 12 assessed skills were completed without difficulty.		If all 12 assessed skills were completed without difficulty.

Overall Feedback:

Assessor's Name:	Position:
Assessor's Signature:	Date:

*This form shall be reproduced locally.*