

SECTION 17**PO 290 – PARTICIPATE IN A FIELD EXERCISE**

1. **Performance:** Participate in a Field Exercise
2. **Conditions:**
 - a. Given:
 - (1) Personal equipment;
 - (2) Backpack;
 - (3) Sleeping bag;
 - (4) Matches;
 - (5) Firewood/kindling/tinder;
 - (6) Fire extinguisher;
 - (7) Water;
 - (8) Shovel;
 - (9) Supervision; and
 - (10) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable outdoor training area large enough to accommodate the entire group with a Fire Service rating for lighting fires.
3. **Standard:** In accordance with specified references, the cadet will participate in a field exercise by:
 - a. constructing, lighting, maintaining and extinguishing a signal fire;
 - b. constructing a lean-to-style shelter;
 - c. constructing a simple snare;
 - d. constructing ground-to-air signals;
 - e. participating in a discussion on proper hiking techniques; and
 - f. operating a hand-held radio.
4. **Remarks:** Proficiency Level Two cadets are expected to take part in a minimum of one overnight aircrew survival exercise during the training year:
 - a. Activities during the exercise shall be structured to be group oriented.
 - b. PO 290 will be conducted as a supported weekend.

5. **Complementary Material:**

- a. Complementary material associated with PO 290 is designed to enhance the cadet's aircrew survival skills:
 - (1) EO C190.01 (Participate in a Presentation Given by a Member of a Survival Organization);
 - (2) EO C290.02 (Participate in a Discussion on Skinning and Cooking a Small Animal);
 - (3) EO C290.03 (Construct a Snow Cave);
 - (4) EO C290.04 (Collect Drinking Water Using a Solar Still); and
 - (5) EO C290.05 (Participate in a Hike).
- b. Complementary training associated with PO 290 is limited to a total of 14 periods, which shall be conducted on a supported day. Squadrons are not required to use all 14 periods.

EO M290.01 – CONSTRUCT, LIGHT, MAINTAIN AND EXTINGUISH A SIGNAL FIRE

1. **Performance:** Construct, Light, Maintain and Extinguish a Signal Fire
2. **Conditions:**
 - a. Given:
 - (1) String;
 - (2) Matches;
 - (3) Wood/kindling/tinder;
 - (4) Water;
 - (5) Fire extinguishing equipment;
 - (6) Shovel;
 - (7) Supervision; and
 - (8) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting large enough to accommodate the entire group and signal fire construction with a low to moderate rating under the Canadian Forest Fire Danger Rating System (CFFDRS).
3. **Standard:** In accordance with specified references and as a member of a group of no more than 15, the cadet shall construct, light, maintain, and extinguish a signal fire by:
 - a. selecting an appropriate site;
 - b. constructing a signal fire;
 - c. lighting the signal fire;
 - d. maintaining the signal fire for five minutes; and
 - e. extinguishing the signal fire.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Determine types of emergency signal fires that will attract rescue aircraft, to include: <ol style="list-style-type: none"> a. a three fire triangle pattern; b. a torch tree; and c. a luminous cone fire. 	Interactive Lecture	5 min	C3-002 (pp. 504–507)
TP2	Identify a location to be seen from the air, to include: <ol style="list-style-type: none"> a. elevated ground; b. highly visible; and c. a fuel source. 	Interactive Lecture	5 min	C2-016 (p. 240) C3-118

TP	Description	Method	Time	Refs
TP3	<p>Demonstrate and have cadets construct a luminous cone signal fire by:</p> <p>a. select and prepare combustible materials, such as:</p> <ol style="list-style-type: none"> (1) tinder; (2) kindling; and (3) fuel; and <p>b. construct a luminous cone signal fire in groups of no more than 15 and allow for sufficient ventilation.</p>	Demonstration and Performance	20 min	C2-042 (pp. 194–195)
TP4	<p>Explain, demonstrate, and have the cadets practice lighting, maintaining, and extinguishing one signal fire, to include:</p> <p>a. lighting a fire with a match;</p> <p>b. maintaining a fire, to include:</p> <ol style="list-style-type: none"> (1) applying an appropriate amount of fuel; (2) ensuring an appropriate amount of ventilation; and (3) ensuring the fire is contained to a controllable size; and <p>c. extinguishing a fire, by:</p> <ol style="list-style-type: none"> (1) ensuring that all sparks have been put out thoroughly by smothering the fire with wet earth, sand and/or water; and (2) filling the fire pit with wet earth or sand. <p>Note: Fire safety equipment must be on hand during this activity. Additional supervision is required during the lighting of the signal fire.</p>	Demonstration and Performance	20 min	C2-016 C3-002 (pp. 268–275) C3-003 (pp. 122–130)

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	10 min
c.	Demonstration and Performance:	40 min
d.	Total:	60 min

6. **Substantiation:**
 - a. An interactive lecture was chosen for TP1 and TP2 to present basic material and give direction on emergency signal fires.
 - b. Demonstration and performance was chosen for TP3 and TP4 as it allows the instructor to explain and demonstrate preparing a signal fire while providing an opportunity for the cadets to practice this skill under supervision
7. **References:**
 - a. C2-016 (ISBN 0-517-88783-5) Curtis, R. (1998). *The Backpacker's Field Manual: A Comprehensive Guide To Mastering Backcountry Skills*. New York, NY: Three Rivers Press.
 - b. C2-042 (ISBN 0-7566-0946-1) Berger, K. (2005). *Backpacking & Hiking*. New York, NY: DK Publishing, Inc.
 - c. C3-002 (ISBN 0-00-653140-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollins Publishers.
 - d. C3-003 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Falcon Distribution.
 - e. C3-118 Wilderness Survival. (2007). *Signalling Techniques*. Retrieved 12 March 2007, from <http://www.wilderness-survival.net/chpt19.php>.
8. **Training Aids:**
 - a. Matches;
 - b. A three fire triangle;
 - c. A torch tree;
 - d. A luminous cone fire;
 - e. Fire extinguishing equipment; and
 - f. Shovel.
9. **Learning Aids:**
 - a. Matches;
 - b. Signal fires;
 - c. Wood/kindling/tinder; and
 - d. Shovel.
10. **Test Details:** N/A.
11. **Remarks:**
 - a. The instructor shall demonstrate lighting the first of the prepared signal fires.
 - b. Additional supervision is required during the lighting of the signal fires. Fire safety equipment shall also be present.

- c. Appropriate authorities (e.g. local police, forestry service, and/or airport authority) shall be notified of the lighting of the signal fire to include:
- (1) squadron contact name;
 - (2) squadron contact number;
 - (3) location including grid reference;
 - (4) estimated time of lighting; and
 - (5) the duration the fire is expected to be lit.

EO M290.02 – CONSTRUCT A LEAN-TO-STYLE SHELTER

1. **Performance:** Construct a Lean-to-style Shelter
2. **Conditions:**
 - a. Given:
 - (1) Groundsheets;
 - (2) Knife;
 - (3) Shovel;
 - (4) Pegs;
 - (5) Rope/twine;
 - (6) Natural materials;
 - (7) Supervision; and
 - (8) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting during the day and large enough to accommodate the entire group and shelter construction.
3. **Standard:** In accordance with specified references and as a member of a group of no more than four, the cadet shall construct a lean-to-style shelter by:
 - a. gathering materials;
 - b. selecting a site; and
 - c. tying and lashing cross pieces and supports.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	<p>Explain the importance of site selection and assist cadets in selecting a site for their lean-to-style shelter. Review the following:</p> <ol style="list-style-type: none"> a. Site selection. Site selection should begin before dark if possible. The shelter should be built near a source of water, building materials (trees, boughs) and fuel. 	Interactive Lecture	20 min	C3-002 (pp. 242–243) C3-003 (p. 101)

TP	Description	Method	Time	Refs
	<p>b. Land considerations. The following points are to be kept in mind:</p> <ol style="list-style-type: none"> (1) The area must be large enough for the planned shelter. (2) The area should not be at the bottom of a hill. It should be relatively flat, but slightly sloped to allow for drainage. (3) Dry river gullies, canyons and flood plains should be avoided. <p>c. Water considerations. The following points are to be kept in mind:</p> <ol style="list-style-type: none"> (1) The shelter should be built away from the water in order to avoid insects. (2) The shelter should be built away from the source of drinking water. <p>d. Animal and insect considerations. The following points are to be kept in mind:</p> <ol style="list-style-type: none"> (1) Avoid setting up a shelter where there are animal trails or water holes. (2) Fast flowing streams will have fewer insects nearby than still water. (3) Avoid areas infested with ants or bees. <p>e. Other considerations. The following points are to be kept in mind:</p> <ol style="list-style-type: none"> (1) There should be an area nearby to construct signals. (2) The entrance of the shelter should face the sun to add warmth and to increase morale. (3) Very thick woods should be avoided as it will be hard to dry the shelter or fuel. (4) Try to find a natural windbreak or a place that is away from strong wind currents. (5) Avoid swampy terrain. (6) A place for a fire should be located in front of the opening of the shelter. 			

TP	Description	Method	Time	Refs
TP2	<p>Explain and demonstrate the procedure for constructing a lean-to-style shelter, to include:</p> <p>a. obtaining the appropriate supplies, to include:</p> <p style="padding-left: 40px;">(1) groundsheets;</p> <p style="padding-left: 40px;">(2) knife;</p> <p style="padding-left: 40px;">(3) shovel;</p> <p style="padding-left: 40px;">(4) pegs;</p> <p style="padding-left: 40px;">(5) rope/twine; and</p> <p style="padding-left: 40px;">(6) natural materials; and</p> <p>b. tying and lashing cross-pieces and vertical supports;</p> <p>c. checking each groundsheet for fatigue and holes;</p> <p>d. tying each end of the groundsheet to cross-pieces and supports, ensuring they are to waist height of the tallest person;</p> <p>e. ensuring the groundsheet is pulled tight between the cross-pieces and supports;</p> <p>f. pulling the bottom of the groundsheet out and pegging each grommet to the ground; and</p> <p>g. digging small trenches around the shelter to allow for effective drainage.</p>	Demonstration	20 min	C3-002 (p. 250) C3-003 (p. 101) C3-118
TP3	Have the cadets, in groups of no more than four, construct a lean-to-style shelter, taking into account the site selection considerations.	Performance	40 min	A0-039

5. **Time:**

a. Introduction / Conclusion:	10 min
b. Interactive Lecture:	20 min
c. Demonstration:	20 min
d. Performance:	40 min
e. Total:	90 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TP1 to present basic material and give direction on procedures.
- b. Demonstration was chosen for TP2 as it allows the instructor to explain and demonstrate the skill the cadet is expected to acquire.
- c. Performance was chosen for TP3 as it provides an opportunity for the cadets to practice building a lean-to-style shelter under supervision.

7. **References:**

- a. A0-039 D Cds 3. (1997). CATO 11-08. *Environmental Protection and Stewardship*. In *CATO Vol. 1 General* (pp.1–11). Ottawa, ON: Department of National Defence.
- b. C3-002 (ISBN 0-00-653140-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollins Publishers.
- c. C3-003 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Falcon Distribution.
- d. C3-118 Wilderness Survival. (2007). *Shelters*. Retrieved 9 March 2007, from <http://www.wilderness-survival.net/shelters-2.php>.

8. **Training Aids:**

- a. Groundsheets;
- b. Example of a good shelter site;
- c. Example of a poor shelter site;
- d. Completed lean-to-style shelter for illustration purposes;
- e. Knife;
- f. Shovel;
- g. Pegs; and
- h. Rope/twine.

9. **Learning Aids:**

- a. Groundsheets;
- b. Lengths of rope/twine;
- c. Shovel;
- d. Items found in a natural setting;
- e. Tree branches; and
- f. Pegs.

10. **Test Details:** N/A.

11. **Remarks:**

- a. If lean-to-style shelters cannot be constructed, another style shelter (e.g. a bivouac tent, or a tarpaulin between trees) may be substituted.
- b. The directives found in CATO 11-08, *Environmental Protection and Stewardship*, are to be followed during this lesson.

EO M290.03 – CONSTRUCT A SIMPLE SNARE

1. **Performance:** Construct a Simple Snare
2. **Conditions:**
 - a. Given:
 - (1) Non-ferrous wire;
 - (2) Supervision; and
 - (3) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting during the day large enough to accommodate the entire group and suitable for snare construction.
3. **Standard:** In accordance with specified references, and in groups of two, the cadet shall construct a simple snare by:
 - a. selecting a site;
 - b. constructing a simple snare in the selected location; and
 - c. disassembling the snare when completed.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	<p>Explain and demonstrate the procedure for constructing a simple snare, to include:</p> <ol style="list-style-type: none"> a. selecting a site; b. making the snare a fist width wide; c. setting it four fingers above the ground and one hand's width from an obstruction on the trail; d. checking that it is securely anchored, with twigs to support the loop in position if necessary; and e. setting the snare a hand's length from a stake or obstruction on a trail. 	Demonstration	15 min	C3-002 (pp. 186–187) C3-003 (p. 160)
TP2	Construct a simple snare.	Performance	35 min	C3-002 (pp. 186–187) C3-003 (p. 160)

5. **Time:**

a. Introduction / Conclusion:	10 min
b. Demonstration:	15 min
c. Performance:	35 min
d. Total:	60 min

6. **Substantiation:**

- a. Demonstration was chosen for TP1 as it allows the instructor to explain and demonstrate the skill the cadet is expected to acquire.
- b. Performance was chosen for TP2 as it is an interactive way to introduce cadets to constructing a simple snare.

7. **References:**

- a. C3-002 (ISBN 0-00-653140-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollinsPublishers.
- b. C3-003 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Falcon Distribution.

8. **Training Aids:**

- a. Non-ferrous wire; and
- b. Example of a simple snare.

9. **Learning Aids:** N/A.

10. **Test Details:** N/A.

11. **Remarks:** All snares will be disassembled immediately after completion of the practical exercise.

EO M290.04 – CONSTRUCT GROUND-TO-AIR SIGNALS

1. **Performance:** Construct Ground-to-air Signals
2. **Conditions:**
 - a. Given:
 - (1) Shovels;
 - (2) Completed ground-to-air signal for demonstration;
 - (3) Rope;
 - (4) Handout of ground-to-air signals;
 - (5) Supervision; and
 - (6) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting during the day large enough to accommodate the entire group and signal construction.
3. **Standard:** In accordance with specified references, and as a member of a group of no more than four, the cadet shall construct a ground-to-air signal, by:
 - a. selecting a site;
 - b. constructing one of the following ground-to-air signals:
 - (1) require assistance;
 - (2) require medical assistance;
 - (3) proceeding in this direction;
 - (4) all is well; or
 - (5) require food and water; and
 - c. disassembling the signal when the lesson is completed.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Discuss ground-to-air signals employed to communicate with aircraft, to include: <ol style="list-style-type: none"> a. signal dimensions; b. creating contrasting shades, or colours; and c. signals, to include: <ol style="list-style-type: none"> (1) require assistance; (2) require medical assistance; (3) proceeding in this direction; (4) all is well; and (5) require food and water. 	Interactive Lecture	15 min	C2-044 C3-003 (p. 233) C3-118
TP2	Construct a ground-to-air signal as a member of group of no more than four.	Practical Activity	35 min	

5. **Time:**

a. Introduction / Conclusion:	10 min
b. Interactive Lecture:	15 min
c. Practical Activity:	35 min
d. Total:	60 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TP1 to introduce methods of signalling to the cadets.
- b. A practical activity was chosen for TP2 as it is an interactive way to introduce cadets to methods of signalling and allows the cadets an opportunity to practice. This activity contributes to the development of survival skills in a fun and challenging setting.

7. **References:**

- a. C2-044 Transport Canada (2007). *Ground-to-Air Signals*. Retrieved 9 February 2007, from <http://www.tc.gc.ca/CivilAviation/publications/tp14371/SAS/4-0.htm>.
- b. C3-003 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Falcon Distribution.
- c. C3-118 Wilderness Survival. (2007). *Signalling Techniques*. Retrieved 12 March 2007, from <http://www.wilderness-survival.net/chpt19.php>.

8. **Training Aids:**

- a. Shovel;
- b. Completed ground to air signal for demonstration;
- c. Rope; and
- d. Handout.

9. **Learning Aids:** N/A.

10. **Test Details:** N/A.

11. **Remarks:**

- a. All materials used in the construction of ground-to-air signals will be from the surrounding environment.
- b. All ground-to-air signals should be removed and returned to the environment after the completion of the practical activity.

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EO M290.05 – IDENTIFY HIKING TECHNIQUES

1. **Performance:** Identify Hiking Techniques
2. **Conditions:**
 - a. Given:
 - (1) Supervision; and
 - (2) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable indoor or outdoor training area large enough to accommodate the entire group.
3. **Standard:** In accordance with specified references, the cadet shall identify hiking techniques, to include:
 - a. identifying daily water requirements;
 - b. identifying proper footwear; and
 - c. identifying proper hiking rhythm.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain potable water requirements for consumption during a day hike, to include: <ol style="list-style-type: none"> a. daily water requirements, to include: <ol style="list-style-type: none"> (1) performance-related water loss; and (2) daily water intake by weight; and b. maintaining safe hydration levels, to include: <ol style="list-style-type: none"> (1) pre-hydrating; (2) drinking small amounts often; (3) avoiding sugar and caffeine drinks; and (4) routinely drinking water. 	Interactive Lecture	15 min	C2-009 (pp. 139–141)

TP	Description	Method	Time	Refs
TP2	<p>Explain the optimum characteristics of hiking footwear, to include:</p> <ul style="list-style-type: none"> a. sturdy and lightweight; b. comfortable (snug fit); c. sized correctly (can wiggle toes); d. snug against the heel; e. equipped with a tongue which rests comfortably along the top of the toe; and f. wide enough so that the boot matches the width of the foot (should have a little extra room). 	Interactive Lecture	15 min	C2-017 (pp. 22–25) C2-012 (p. 26)
TP3	<p>Explain personal hiking rhythm, to include:</p> <ul style="list-style-type: none"> a. determining stride rhythm and speed through a fixed pace that can be maintained throughout the hike, for a period of an hour at a time; b. controlling fatigue by stopping for scheduled rest periods of 10 minutes each, approximately an hour apart; c. adjusting rhythm to account for terrain, weather and weight; and d. employing full body synchronization, thus enhancing hiking rhythm. 	Interactive Lecture	20 min	C2-010

5. **Time:**

- | | |
|-------------------------------|--------|
| a. Introduction / Conclusion: | 10 min |
| b. Interactive Lecture: | 50 min |
| c. Total: | 60 min |

6. **Substantiation:** An interactive lecture was chosen for TP1 to TP3 to present background material to the cadets.

7. **References:**

- a. C2-009 (ISBN 0-684-85909-2) Harvey, M. (1999). *The National Outdoor Leadership School's Wilderness Guide*. New York, NY: Fireside.
- b. C2-010 (ISBN 0-375-70323-3) Rawlins, C., and Fletcher, C. (2004). *The Complete Walker IV*. New York, NY: Alfred A. Knopf.
- c. C2-012 (ISBN 0-89886-643-X) Weiss, H. (1988). *Secrets of Warmth for Comfort or Survival*. Seattle, WA: The Mountaineers.
- d. C2-017 (ISBN 0-7627-0476-4) Roberts, H. (1999). *Basic Essentials, Backpacking*. Guilford, CT: The Globe Pequot Press.

8. **Training Aids:** N/A.
9. **Learning Aids:** N/A.
10. **Test Details:** N/A.
11. **Remarks:** Examples of hiking footwear should be brought into the class for demonstration purposes.

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EO M290.06 – OPERATE A HAND-HELD RADIO

1. **Performance:** Operate a Hand-Held Radio
2. **Conditions:**
 - a. Given:
 - (1) Hand-held radio per four cadets;
 - (2) Batteries;
 - (3) Assigned network frequencies;
 - (4) Supervision; and
 - (5) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, day or night, during a field exercise.
3. **Standard:** In accordance with *Talkabout FRS/GMRS Recreational Two-way Radios Models T5000, T5500, T5550 User's Guide*, the cadet shall operate a hand-held radio, to include:
 - a. turning the radio on and off;
 - b. adjusting frequencies;
 - c. using the push-to-talk button; and
 - d. changing the batteries.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Identify and briefly describe the parts of the radio, to include: <ol style="list-style-type: none"> a. on-off/volume knob; b. light emitting diode (LED); c. push-to-talk button (PTT); d. speaker; e. antenna; f. accessory jack; g. menu scroll/channel/frequency selector; h. microphone; i. battery cover; and j. battery cover latches. 	Interactive Lecture	5 min	C0-069 (pp. 11–12)
TP2	Demonstrate and have cadets turn the radio on and off.	Demonstration and Performance	5 min	C0-069 (p. 15)
TP3	Demonstrate adjusting frequencies.	Demonstration	5 min	C0-069 (p. 16)

TP	Description	Method	Time	Refs
TP4	Demonstrate and allow cadets to practice operating the push-to-talk button, to include: <ol style="list-style-type: none"> depressing the button; observing a standard pause; speaking loudly, clearly, and briefly; and releasing the button. 	Demonstration and Performance	5 min	C0-069 (pp. 17–18)
TP5	Demonstrate and allow cadets to practice changing batteries, to include: <ol style="list-style-type: none"> removing the battery compartment cover; replacing/installing batteries; replacing the battery compartment cover; and safely discarding spent batteries. 	Demonstration and Performance	5 min	C0-069 (pp. 13–14) See Remarks Para 11b.

5. **Time:**

- | | |
|-----------------------------------|--------|
| a. Introduction / Conclusion: | 5 min |
| b. Interactive Lecture: | 5 min |
| c. Demonstration: | 5 min |
| d. Demonstration and Performance: | 15 min |
| e. Total: | 30 min |

6. **Substantiation:**

- An interactive lecture was chosen for TP1 to introduce a new subject and give direction on new procedures.
- Demonstration and performance was chosen for TP2, TP4, and TP5 as it allows the instructor to explain and demonstrate the skill the cadet is expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
- Demonstration was chosen for TP3 as it allows the instructor to explain and demonstrate the skill the cadet is expected to acquire.

7. **References:** C0-069 Motorola Inc. (2004). *Talkabout FRS/GMRS Recreational Two-way Radios Models T5000, T5500, T5550 User's Guide*. Motorola Inc.8. **Training Aids:**

- Hand-held radio; and
- Batteries.

9. **Learning Aids:**

- One hand-held radio per four cadets; and
- Batteries.

10. **Test Details:** N/A.

11. **Remarks:**

- a. Hand-held radio models may vary from region to region. The instructor will be responsible for consulting the owner's manual for detailed instructions on radio operation.
- b. Dispose/recycle the batteries in accordance with local regulations.

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EO C290.01 – PARTICIPATE IN A PRESENTATION GIVEN BY A MEMBER OF A SURVIVAL ORGANIZATION

1. **Performance:** Participate in a Presentation Given by a Member of a Survival Organization
2. **Conditions:**
 - a. Given:
 - (1) Supervision; and
 - (2) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in a presentation given by a member of a survival organization to further develop the cadet's knowledge of survival training.
4. **Teaching Points:** The guest speaker is asked to:
 - a. describe the service agency of which they are a member;
 - b. describe their duties;
 - c. describe a day in the life of a member of a survival organization;
 - d. explain their role in the community; and
 - e. facilitate a question and answer period.
5. **Time:**

a. Introduction / Conclusion:	5 min
b. Interactive Lecture:	55 min
c. Total:	60 min
6. **Substantiation:** The interactive lecture was chosen for this lesson to orient the cadets to the topic and generate an interest in survival.
7. **References:** N/A.
8. **Training Aids:** Presentation aids (e.g. whiteboard/flipchart/OHP) appropriate for the classroom/ presentation area.
9. **Learning Aids:** N/A.
10. **Test Details:** N/A.
11. **Remarks:**
 - a. Training aids should be determined by contacting the speaker prior to the presentation.
 - b. There is no instructional guide for this EO.

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EO C290.02 – DISCUSS SKINNING AND COOKING A SMALL ANIMAL

1. **Performance:** Discuss Skinning and Cooking a Small Animal
2. **Conditions:**
 - a. Given:
 - (1) Supervision; and
 - (2) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable indoor or outdoor training area large enough to accommodate the entire group.
3. **Standard:** In accordance with specified references, the cadet shall discuss skinning and cooking a small animal.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Discuss skinning a small animal, to include: <ol style="list-style-type: none"> a. removing urine; b. cutting a hole in the belly area; c. pulling the skin apart and removing the guts; d. cutting the skin around the front and hind paws; e. hanging the animal; and f. removing the skin and dismembering the animal. 	Interactive Lecture	15 min	C3-003 (p. 146)
TP2	Discuss cooking a small animal, to include: <ol style="list-style-type: none"> a. boiling; b. baking; c. grilling; d. roasting; e. steaming; and f. frying. 	Interactive Lecture	10 min	C2-002 (pp. 283–286) C3-003 (p. 146)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Interactive Lecture: 25 min
 - c. Total: 30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to present basic material.
7. **References:**
 - a. C3-002 (ISBN 0-00-653140-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollinsPublishers.
 - b. C3-003 1-896713-00-9 Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Falcon Distribution.
8. **Training Aids:** Presentation aids (e.g. whiteboard/flipchart/OHP) appropriate for the classroom/ presentation area.
9. **Learning Aids:** N/A.
10. **Test Details:** N/A.
11. **Remarks:** N/A.

EO C290.03 – CONSTRUCT A SNOW CAVE

1. **Performance:** Construct a Snow Cave
2. **Conditions:**
 - a. Given:
 - (1) Shovel;
 - (2) Groundsheet;
 - (3) Supervision; and
 - (4) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Winter field setting during the day large enough to accommodate the entire group and the shelter construction.
3. **Standard:** In accordance with specified references and as a member of a group of no more than four, the cadet shall construct a snow cave by:
 - a. selecting a site;
 - b. constructing the snow cave; and
 - c. disassembling the snow cave when the exercise is completed.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Identify factors to consider in selecting a site for a snow cave, to include: <ol style="list-style-type: none"> a. a hard snow drift; or b. a slope with a firm crust of snow on the opposite side of the wind; and c. avoiding a drift that is below a cornice or in an avalanche area. 	Interactive Lecture	5 min	C3-002 (p. 256) C3-003 (p. 117)

TP	Description	Method	Time	Refs
TP2	<p>Demonstrate appropriate site selection and construct a snow cave, to include:</p> <ol style="list-style-type: none"> burrowing a small tunnel that is one metre into the lowest level of the chamber; clearing the chamber of snow at right angles to the tunnel; clearing the chamber of snow to a height comfortable for sitting; constructing the outside of the roof to be well arched without sharp angles, to provide maximum support; constructing a sleeping and sitting platform above the level of the entrance; constructing a breathing hole in the roof of the snow cave; and constructing a door using a block of snow or a groundsheet. <p>Note: Ensure cadets enter and observe the finished snow cave.</p>	Demonstration	35 min	C3-002 (p. 256) C3-003 (p. 117)
TP3	Ensure cadets choose an appropriate site for construction of a snow cave and have cadets construct a snow cave following the directions in TP1 and TP2.	Performance	35 min	
TP4	Disassemble the snow caves when the exercise is completed.	Performance	5 min	

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	5 min
c.	Demonstration:	35 min
d.	Performance:	40 min
e.	Total:	90 min

6. **Substantiation:**

- An interactive lecture was chosen for TP1 to present basic material and give direction on procedures.
- Demonstration was chosen TP2 as it allows the instructor to explain and demonstrate the skill the cadet is expected to acquire.
- Performance was chosen TP3 and TP4 as it provides an opportunity for the cadets to practice building a snow cave under supervision.

7. **References:**

- a. C3-002 (ISBN 0-00-653140-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollinsPublishers.
- b. C3-003 1-896713-00-9 Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Falcon Distribution.

8. **Training Aids:** N/A.

9. **Learning Aids:**

- a. Shovel; and
- b. Groundsheet.

10. **Test Details:** N/A.

11. **Remarks:**

- a. Cadets will not sleep in the snow cave.
- b. Additional supervision is required during the construction of the snow cave.

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EO C290.04 – COLLECT DRINKING WATER USING A SOLAR STILL

1. **Performance:** Collect Drinking Water Using a Solar Still
2. **Conditions:**
 - a. Given:
 - (1) Clear plastic bags;
 - (2) Cup or pail;
 - (3) Shovel;
 - (4) Supervision; and
 - (5) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting during the day large enough to accommodate the entire group.
3. **Standard:** In accordance with specified references and as a member of a group of no more than five, the cadet shall collect drinking water using a solar still by:
 - a. selecting an appropriate site;
 - b. constructing the solar still;
 - c. collecting water (as time allows); and
 - d. disassembling the solar still.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain how to find an appropriate collection site by digging a hole in the ground.	Interactive Lecture	5 min	
TP2	Demonstrate the construction of a solar still, to include: <ol style="list-style-type: none"> a. digging a hole; b. placing a collecting can in the centre of the hole; c. covering the hole with a sheet of plastic formed into a cone; d. weighing down the edges of the plastic sheet; and e. placing a stone in the centre of the bottom of the plastic sheet above the collecting can. 	Demonstration	15 min	C3-002 (p. 42) C3-003 (p. 151)
TP3	Explain how water condensation from the ground, to the underside of the plastic sheet, to the collecting can works.	Interactive Lecture	5 min	C3-002 (p. 42) C3-003 (p. 151)

TP	Description	Method	Time	Refs
TP4	Have the cadets in groups of no more than five construct a solar still. Note: The stills can remain overnight to collect water.	Performance	25 min	
TP5	Disassemble the solar still and fill in the hole.	Performance	5 min	

5. **Time:**

- | | | |
|----|----------------------------|--------|
| a. | Introduction / Conclusion: | 5 min |
| b. | Interactive Lecture: | 10 min |
| c. | Demonstration: | 15 min |
| d. | Performance: | 30 min |
| e. | Total: | 60 min |

6. **Substantiation:**

- An interactive lecture was chosen for TP1 and TP3 to present basic material and give direction on procedures.
- Demonstration was chosen for TP2 as it allows the instructor to explain and demonstrate building a solar still.
- Performance was chosen for TP4 and TP5 as it provides an opportunity for the cadets to practice the skill under supervision.

7. **References:**

- C3-002 (ISBN 0-00-653140-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollinsPublishers.
- C3-003 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Falcon Distribution.

8. **Training Aids:**

- Clear plastic bags;
- Cup or pail; and
- Shovel.

9. **Learning Aids:**

- Clear plastic bags;
- Cup or pail; and
- Shovel.

10. **Test Details:** N/A.
11. **Remarks:** The solar still must remain in place overnight as both the heat from the sun and the cool air at night are required for the water condensation process to occur. For scheduling purposes, TP1 to TP4 will be done on day one of the schedule and TP5 will occur on day two.

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EO C290.05 – PARTICIPATE IN A HIKE

1. **Performance:** Participate in a Hike
2. **Conditions:**
 - a. Given:
 - (1) A planned hike of no greater than 3 km in length;
 - (2) Water supply;
 - (3) Whistle;
 - (4) Supervision; and
 - (5) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting with Class 1 hiking terrain, during daylight hours.
3. **Standard:** In accordance with A-CR-CCP-951/PT-002, *Royal Canadian Army Cadets Adventure Training Standards*, the cadet shall participate in a 3 km hike by:
 - a. utilizing proper trail etiquette methods;
 - b. demonstrating proper trailblazing techniques; and
 - c. following a leader.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Describe trail etiquette methods that accomplish the leave no trace ideologies while hiking, to include: <ol style="list-style-type: none"> a. identifying trail etiquette; and b. wearing proper safety equipment, to include: <ol style="list-style-type: none"> (1) a whistle; (2) a hat; (3) sunscreen; and (4) appropriate footwear. 	Interactive Lecture	10 min	
TP2	Demonstrate and have the cadets practice trailblazing techniques.	Demonstration and Performance	60 min	A2-001 (p. 7–1/14)
TP3	Conduct a group discussion and debrief the cadets on their experiences while on the hike.	Group Discussion	15 min	

5. **Time:**

a. Introduction / Conclusion:	5 min
b. Interactive Lecture:	10 min
c. Demonstration and Performance:	60 min
d. Group Discussion:	15 min
e. Total:	90 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TP1 to give directions on procedures for the hike.
- b. Demonstration and performance was chosen for TP2 as it is an interactive way to allow cadets to experience hiking in a safe, controlled environment. This activity contributes to the development of the cadets' hiking skills and knowledge in a fun and challenging setting.
- c. A group discussion was chosen for TP3 as it allows the cadets to interact with their peers and share their knowledge, experiences, opinions and feelings about the hike.

7. **References:** A2-001 A-CR-CCP-951/PT-002 D Cds 3. (2006). *Royal Canadian Army Cadets Adventure Training Standards*. Ottawa, ON: Department of National Defence.

8. **Training Aids:** N/A.

9. **Learning Aids:** Flagging tape.

10. **Test Details:** N/A.

11. **Remarks:** A whistle will be carried by every cadet as a safety precaution.