ROYAL CANADIAN AIR CADETS

PROFICIENCY LEVEL ONE

INSTRUCTIONAL GUIDE

SECTION 13

EO C190.06 – DEMONSTRATE RESPECT FOR THE ENVIRONMENT ON AN AIRCREW SURVIVAL EXERCISE

Total Time: 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-801/PG-001, *Proficiency Level One Qualification Standard and Plan*, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Ensure the following materials are ready prior to the class:

- an example of biodegradable soap or shampoo; and
- a stove fuel cartridge.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for this lesson to present information on respecting the environment during an aircrew survival exercise.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have demonstrated respect for the environment on an aircrew survival exercise.

IMPORTANCE

Cadet squadrons are at aircrew survival training sites only a few days each year while these areas are always home to wildlife and vegetation. By following certain procedures, the wilderness can be preserved while serving aircrew survival exercises.

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Teaching point 1 **Discuss the importance of low impact camping.**

Time: 5 min Method: Interactive Lecture



Try to select a location where both good and poor examples of low impact camping are present.

LOW IMPACT CAMPING CONCERNS

The goal of low impact camping is to leave the training area in the condition it was before being used. There should be little indication that the area had been used at all.

POSSIBLE OUTCOMES OF ENVIRONMENTAL OVERUSE

With camping and hiking becoming increasingly popular, it is important to treat the environment with respect. The overuse of environmental resources could cause:

- an excess build up of garbage,
- barren, stripped land,
- exposed tree roots,
- destroyed plants, or absence of vegetation, and
- scarred trees where branches have been torn away.

These outcomes affect the environment negatively. For example, the amount of garbage in a wilderness area can pollute the ground, the water, and the wildlife that live there.

ENVIRONMENTAL PRECAUTIONS

Through people taking responsible actions and following proper precautions, a site can be left in its natural condition for continuous use. This environmental consciousness helps wildlife and plants to recover from the impact of field training. A number of precautions may be taken, to include:

- packing out all garbage, including used stove cartridges and other non-burnable trash;
- staying on trails whenever possible. Do not create new paths by cutting down vegetation;
- avoiding crushing plants underfoot by walking on rocks and compacted earth;
- no harassing or feeding animals;
- where campfires are allowed, gathering fallen branches instead of cutting down trees for firewood; and
- using designated fire pits for campfires.

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CONFIRMATION OF TEACHING POINT 1

QUESTION:

Q1. When creating a fire, where should the firewood be collected?

Q2. Why should you stay on trails whenever possible?

Q3. If you come across various forms of wildlife, what precautions should be taken?

ANTICIPATED ANSWERS:

A1. Gather fallen branches instead of cutting down trees for firewood.

A2. So vegetation is left alone and not trampled.

A3. Do not harass the animals or feed them.

Teaching point 2 **Discuss factors while cooking.**

Time: 5 min Method: Interactive Lecture

IMPORTANT FACTORS WHILE COOKING IN THE FIELD

There are a number of factors that should be considered while cooking in the field, to include:

- drain food away on the ground in the cooking area;
- evenly distribute waste water from cooking across the ground away from the cooking area and bivouac site;
- dump waste water away from ground water;
- pack up garbage immediately; and
- pack wet waste in a sealed container or a plastic bag and separate from dry garbage.

RECYCLING IN THE FIELD

It is very important to divide up garbage for recycling. There are different recycling groups for cardboard, paper, metal, glass, plastic and rigid foam.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS:

Q1. What factors should be taken into account when disposing of waste water from cooking?

Q2. What is important to keep in mind when disposing of wet waste?

Q3. What are the different types of recyclable materials?

ANTICIPATED ANSWERS:

A1. It should be evenly distributed across the ground away from the cooking area and bivouac site.

A2. Wet waste should be sealed in a container or plastic bag.

A3. Cardboard, paper, metal, plastic, rigid foam, and glass.

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Teaching point 3 **Discuss factors while washing.**

Time: 10 min Method: Interactive Lecture

IMPORTANT ENVIRONMENTAL FACTORS WHILE WASHING

It is important to maintain proper hygiene while in the field. If soap is going to be used while bathing in the field, certain precautions should be taken, to include:

- selecting a site on high and dry ground that is at least 100m away from a ground water source;
- using as little soap as possible, sponge bathe from a basin of water;
- ensuring that the grey water is disposed of properly into a grey water container; and
- using biodegradable soaps and shampoos should be used.

Prior to swimming in a large body of water, ensure that any oils (eg, sunscreen, grease, fuel residue, bug repellent, body oils.) are removed to ensure that no water is contaminated.



Show an example of biodegradable soap and shampoos to the cadets.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS:

Q1. If using soap, where should one bathe?

Q2. If using soap to bathe, what form of soap should be used?

Q3. What should be washed off before going swimming?

ANTICIPATED ANSWERS:

A1. Ensure the site is on high and dry ground, and at least 100m away from a ground water source.

A2. Biodegradable soap.

A3. Different types of oils (eg, sunscreen, grease, fuel residue and body oils).

Teaching point 4 **Discuss waste disposal methods.**

Time: 5 min Method: Interactive Lecture

PROPER DISPOSAL OF HUMAN WASTE

There are a number of factors that should be considered with respect to waste disposal in the field. Wherever possible, use an established toilet, outhouse or portable toilet. If toilets, outhouses, or portable toilets cannot be used, then a latrine should be dug for communal use. A hole about 60 cm x 60 cm, 30 to 60 cm deep works for about 20 people for up to two days. When the hole is full to about 15 cm from the top, cover it with the remaining dirt and natural cover.

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Ensure to check local regulations concerning latrine construction prior to demonstrating this to the class. Some areas do not allow latrine construction.

CONFIRMATION OF TEACHING POINT 4

QUESTIONS:

Q1. If a latrine is constructed (regular measurements), how long will it be suitable?

Q2. Name three types of facilities that should be used for proper waste disposal?

ANTICIPATED ANSWERS:

A1. Up to two days.

A2. An established toilet, outhouse or portable toilet.

END OF LESSON CONFIRMATION

QUESTIONS:

Q1. When creating a fire, where should you collect the firewood?

Q2. What is important to keep in mind when disposing of wet waste?

Q3. What form of soap should be used?

ANTICIPATED ANSWERS:

A1. Gather branches instead of cutting down trees for firewood.

A2. Pack wet waste in a sealed container or a plastic bag and separate from dry garbage.

A3. Biodegradable soap.

CONCLUSION

HOMEWORK / READING / PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

There are a number of things to remember to respect the environment during an aircrew survival exercise. Following proper methods for cooking, washing, and waste disposal are important to preserving the environment. If these methods are followed during exercises, the training area can be maintained and used for many years.

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INSTRUCTOR NOTES / REMARKS

The directives outlined in CATO 11-08 *Environmental Protection and Stewardship* are to be adhered to during this training.

REFERENCES

C3-005 ISBN 0-89886-814-9 Sierra Club San Diego Chapter. (1999). *Wilderness basics: The complete handbook for hikers & backpackers*. Portland, OR: The Mountaineers Books.

C3-008 ISBN 0-02861-100-4 Mouland, M. (1999). *Complete idiot's guide to camping and hiking*. Toronto, Canada: Alpha Books.

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