COMMON TRAINING

INSTRUCTIONAL GUIDE

SECTION 4

EO C211.04 – PARTICIPATE IN A COMPETITIVE SUMMER BIATHLON ACTIVITY

Total Time:	180 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-802/PG-001, 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 that all members involved in conducting this activity are well versed in the competition guidelines located at Annex A.

Ensure a first aid station is set up.

Set up a running route of 500 to 1000 m on alternating terrain and a range IAW A-CR-CCP-177/PT-001.

Photocopy Annex B.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TP1 to illustrate the application of rules, principles, and concepts of summer biathlon.

A practical activity was chosen for TP2 to TP4 as it is an interactive way to introduce cadets to summer biathlon. This activity contributes to the development of these skills and knowledge in a fun and challenging setting.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have participated in a competitive summer biathlon activity.

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IMPORTANCE

It is important for cadets to participate in a competitive summer biathlon activity because it requires personal discipline, develops marksmanship skills, and promotes physical fitness.

Teaching point 1 — **Explain the Components of the Competitive Summer Biathlon Activity**

Time: 15 min — Method: Interactive Lecture



Based on the facilities, the cadet should be made aware of the start area, the course, the firing range, and the finish area.

COURSE LAYOUT

Each cadet will:

- run a loop of 500 to 1000 m;
- fire five to eight rounds in an effort to activate all five targets on the biathlon air rifle target (BART);
- run a second loop of 500 to 1000 m;
- fire five to eight rounds in an effort to activate all five targets on the BART;
- run a third loop of 500 to 1000 m; and
- finish the race.



The 500 to 1000 m course should be clearly marked prior to the start of this activity.

RULES AND REGULATIONS

Rules and regulations for the competitive summer biathlon activity include the following:

- Cadets must use the same firing lane for the duration of the activity.
- The run must be completed in the proper sequence and on the marked route.
- Rifles must be placed at the firing point by the range staff and will remain there for the duration of the activity.
- All firing will be done in the prone position.
- The cadet air rifle sling is the only firing aid that may be used.
- The rifle must be made safe upon completion of firing.
- An inoperable rifle will be replaced by the range staff, the target will be reset, and the cadet will fire five to eight shots with the new rifle.
- Safety infractions will result in time penalties.

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- Missed targets will result in time penalties.

SCORING

Scoring will be calculated as follows:

- **Time.** The cadet's final time is the time from the start to the finish, plus any issued penalties.
- **Firing.** For each bout of firing, the number of missed targets will be recorded on the range recording sheet by the lane scorekeeper (located at Annex B). For each missed target, a one-minute penalty will be added to the cadet's total time.

PENALTIES

Penalties will be added to the individual's time, to include:

- Each violation of the principles of fair play or good sportsmanship will result in a one-minute penalty, to include:
  - not giving way in an area of congestion;
  - pushing or shoving;
  - using profanity; and
  - interfering with other competitors.
- Each missed target will result in a one-minute penalty.
- Each safety infraction on the firing point will result in a one-minute penalty to include:
  - not keeping control of the cadet air rifle;
  - moving forward of the firing point; and
  - intentionally firing rounds at objects other than the BART.

OUT OF BOUNDS AREAS

Make cadets aware of all out of bounds areas and safety considerations depending on the training area.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What are two rules/regulations for this biathlon activity?

Q2. How will the competitive summer biathlon activity be scored?

Q3. What is one violation of the principles of fair play/good sportsmanship?

ANTICIPATED ANSWERS

A1. Rules and regulations for the competitive summer biathlon activity include the following:

- Cadets must use the same firing lane for the duration of the activity.
- The run must be completed in the proper sequence and on the marked route.
- Rifles must be placed at the firing point by the range staff and will remain there for the duration of the activity.
- All firing will be done in the prone position.

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- The cadet air rifle sling is the only firing aid that may be used.
- The rifle must be made safe upon completion of firing.
- An inoperable rifle will be replaced by the range staff, the target will be reset, and the cadet will fire five to eight shots with the new rifle.
- Safety infractions will result in time penalties.
- Missed targets will result in time penalties.

A2. The activity will be scored based on time and penalties.

A3. A violation of the principles of fair play/good sportsmanship may include:

- not giving way in an area of congestion;
- pushing or shoving;
- using profanity; and
- interfering with other competitors.

Teaching point 2 **Conduct a Warm-up Session Composed of Light Cardiovascular Exercises**

Time: 10 min Method: Practical Activity



The following information will be explained to the cadets during the warm-up activity.

PURPOSE OF A WARM-UP

A warm-up is composed of stretches and light cardiovascular exercises designed to:

- stretch the muscles;
- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise the muscle temperature to facilitate reactions in muscle tissue.

GUIDELINES FOR STRETCHING

The following guidelines should be followed while stretching to prepare for physical activity and to help prevent injury:

- Stretch all major muscle groups, including the back, chest, legs, and shoulders.
- Never bounce while stretching.
- Hold each stretch for 10 to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support the limb at the joint.

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- Static stretching, which is stretching a muscle and holding it in position without discomfort for 10 to 30 seconds, is considered the safest method.
- Stretching helps to relax the muscles and improve flexibility, which is the range of motion in the joints.
- As a guide, allow 10 minutes to warm-up for every hour of physical activity.



The stretches chosen should focus on the areas of the body that will be used the most during the activity.

ACTIVITY

OBJECTIVE

The objective of this warm-up activity is to stretch the muscles and perform light cardiovascular exercises to prepare the body for physical activity and to help prevent injuries.

RESOURCES

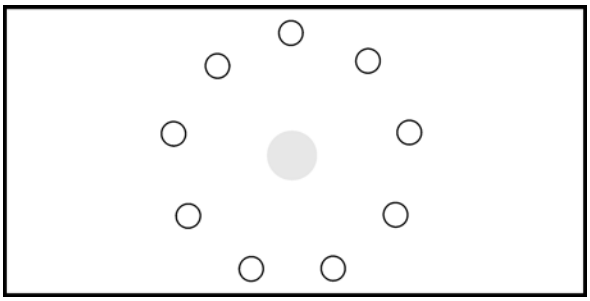
N/A.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

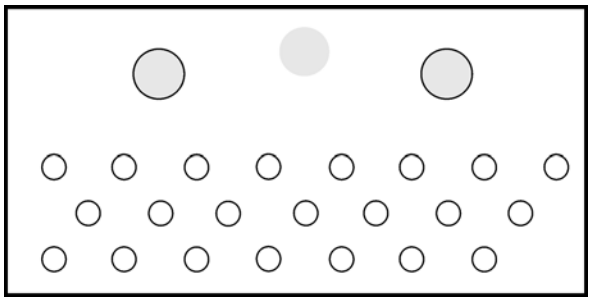
- Arrange the cadets in either a warm-up circle or in rows (as illustrated in Figures 1 and 2).



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Figure 1 Instructor in the Centre of a Warm-up Circle

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Figure 2 Instructor at the Front With Two Assistant Instructors

- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the exercises and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.



Light cardiovascular activities should be done to warm-up the muscles prior to stretching to avoid injury to or tearing of the muscles. For example, running on the spot for 30 seconds or performing jumping jacks should be performed prior to conducting the stretching activities located at Annex C.

SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in this TP.

CONFIRMATION OF TEACHING POINT 2

The cadets' participation in the warm-up activity will serve as the confirmation of this TP.

Teaching point 3 **Conduct a Competitive Summer Biathlon Activity**

Time: 135 min Method: Practical Activity

ACTIVITY

OBJECTIVE

The objective of this activity is for cadets to participate in a competitive summer biathlon activity.

RESOURCES

Based on 20 cadets per group, the following resources are required per event:

- Cadet air rifles (5);
- Cadet air rifle slings (5);
- Shooting mats (10);

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- .177 air rifle pellets (a minimum of 700 pellets);
- Stopwatches (5);
- BART and target frame (5);
- Safety glasses/goggles (8);
- Pens/pencils;
- Notice board;
- Biathlon scoresheets located at Annex B;
- Course control sheets located at Annex B; and
- Range recording sheets located at Annex B.

ACTIVITY LAYOUT

- Set up a running route of approximately 500 to 1000 m on alternating terrain.
- Set up an air rifle range in accordance with Annex A.
- Set up targets and target frames.
- Place two shooting mats per shooting lane.
- Place a cadet air rifle at each firing point.
- Place a pair of safety glasses/goggles at each firing point.

ACTIVITY INSTRUCTIONS

Activity instructions are located at Annex A.

SAFETY

- Ensure all range safety procedures are followed.
- Ensure cadets drink plenty of water and apply sunscreen.
- Ensure the running route is clearly marked and crossing points are monitored anywhere a road may be crossed.
- Ensure a first aider is identified at the start of the activity and is available at all times.
- Ensure water is available for the cadets during and after the activity.

CONFIRMATION OF TEACHING POINT 3

The cadets' participation in the activity will serve as the confirmation of this TP.

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Teaching point 4 **Conduct a Cool-down Session Composed of Light Cardiovascular Exercises**

Time: 10 min Method: Practical Activity



The following information will be explained to the cadets during the cool-down activity.

PURPOSE OF A COOL-DOWN

A cool-down is composed of stretches and light cardiovascular exercises designed to:

- allow the body time to slowly recover from physical activity and to help prevent injury;
- prepare the respiratory system to return to its normal state; and
- stretch the muscles to help relax and restore them to their resting length.



The stretches chosen should focus on the areas of the body that were used the most during the activity.

ACTIVITY

OBJECTIVE

The objective of the cool-down is to stretch the muscles and perform light cardiovascular exercises that allow the body time to recover from physical activity, and to prevent injury.

RESOURCES

Area large enough for all cadets to conduct a cool-down activity.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

- Arrange the cadets in either a cool-down circle or in rows (as illustrated in Figures 1 and 2).
- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the movements and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.

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Sample stretches are located at Annex C.

SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in TP2.

CONFIRMATION OF TEACHING POINT 4

The cadets' participation in the cool-down activity will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in the competitive summer biathlon activity will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Competitive summer biathlon is an activity that requires personal discipline, develops marksmanship skills, and promotes physical fitness. Competitive biathlon opportunities are available at the local, regional, and national level.

INSTRUCTOR NOTES/REMARKS

Results should be posted for cadets to review. PO 211 is a complementary training activity. It is designed to provide an opportunity for the cadets to participate in a competitive summer biathlon activity.

EOs C111.01 (Participate in a Biathlon Briefing), C111.02 (Run Short Wind Sprints), C111.03 (Introduction to Summer Biathlon Marksmanship Skills Using the Cadet Air Rifle), C211.01 (Identify Civilian Biathlon Opportunities), C211.02 (Run on Alternating Terrain), and C211.03 (Fire the Cadet Air Rifle Using a Sling Following Physical Activity) shall be taught prior to conducting this lesson.

REFERENCES

A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual.* Ottawa, ON: Department of National Defence.

A0-032 Cadets Canada. (2002). *Biathlon Competition Rules and IBU/Cadet Disciplinary Rules.* Ottawa, ON: Department of National Defence.

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Verify against the official publication.

A0-036 Cadets Canada. (ND). *Canadian Cadet Movement: Biathlon Championship Series*. Ottawa, ON: Department of National Defence.

C0-002 (ISBN 0-88962-630-8) LeBlanc, J. & Dickson, L. (1997). *Straight Talk About Children and Sport: Advice for Parents, Coaches, and Teachers.* Oakville, ON and Buffalo, NY: Mosaic Press.

C0-057 Martha Jefferson Hospital. (2001). *Warm-ups.* Retrieved 26 October 2006, from http://www.marthajefferson.org/warmup.php.

C0-058 Webb Physiotherapists Inc. (ND). *Running Exercises.* Retrieved 26 October 2006, from http://www.physionline.co.za/conditions/article.asp?id=46.

C0-059 Webb Physiotherapists Inc. (ND). *Exercise Programme for Squash, Tennis, Softball, Handball.* Retrieved 25 October 2006, from http://www.physionline.co.za/conditions/article.asp?id=49.

C0-060 Impacto Protective Products Inc. (1998). *Exercises.* Retrieved 25 October 2006, from http://www.2protect.com/work3b.htm.

C0-061 City of Saskatoon, Community Services Department. (2006). *Stretch Your Limits: A Smart Guide To Stretching for Fitness.* Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/.

C0-089 (ISBN 0-936070-22-6) Anderson, B. (2000). *Stretching: 20th Anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc.

C0-154 Hansen, B. (1999). *Moving on the Spot: Fun and Physical Activity: A Collection of 5 Minute Stretch and Movement Sessions.* Retrieved 26 October 2006, from http://lin.ca/resource/html/dn3.htm#l1.

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GUIDELINES FOR CONDUCTING A COMPETITIVE SUMMER BIATHLON ACTIVITY

OBJECTIVES

The objectives of the competitive summer biathlon activity are:

- to practice and improve marksmanship skills;
- to improve the level of physical fitness; and
- to introduce the sport of summer biathlon.

COMPOSITION

Each cadet will enter as an individual.

FACILITIES

The facilities required to conduct a competitive summer biathlon activity are:

- a route, on alternating terrain, of approximately 500 to 1000 m with the start and finish lines located close to the range. The route should be wide enough to accommodate a maximum of 10 cadets running at one time. When roads are to be crossed, they must be clearly marked and a central crossing point established with traffic control provided; and
- an air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, Section 8, with a minimum of one firing lane per cadet per group.

PARTICIPANTS

This activity may be conducted with cadets from multiple squadrons. A sample invitation for the competitive summer biathlon activity is located at Annex D.

STAFFING

Numerous staff are required to conduct a competitive summer biathlon activity. These appointments may be filled by squadron staff, and shall include:

- **Technical Delegate.** Responsible for the overall conduct of the competition, including issuing penalties, and interpreting the rules.
- **Range Safety Officer (RSO).** Responsible for the overall conduct of the activities on the range.
- **Assistant RSO.** Responsible for targets, issuing ammunition, and assisting the RSO, as required.
- **Lane Scorekeeper.** Responsible for scoring targets and recording results on the range recording sheet (located at Annex B).
- **Chief of Statistics.** Responsible for compiling all the event data (e.g. range results, start/finish time, and any penalties issued).
- **Runner.** Responsible for collecting the scoring sheets and delivering them to the chief of statistics.
- **Start and Finish Line Chief.** Responsible for starting the run and recording the finish times on the scoresheet (located at Annex B).
- **Course Control.** Responsible for recording each time the cadet runs a loop on the course control sheet (located at Annex B).
- **First Aider.** Responsible for dealing with any injuries that may occur during the competition.

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FORMAT

Team Captain's Meeting

All cadets will attend the team captain's meeting. This meeting includes all the essential information required by the cadets to participate in the competitive summer biathlon activity. The cadets are given:

- start times;
- range lane assignments;
- weather updates; and
- introductions to the competition staff.

The Running Loop

Each cadet will run three separate loops of 500 to 1000 m. Each running loop will consist of:

- assembling for an individual start (cadets will begin at 10-second intervals for the first loop); and
- crossing the finish line.

The Range

Each cadet will fire five to eight pellets in an effort to activate all five targets on the BART. After each bout of firing, the appropriate lane scorer will record the cadet's results and reset the BART.

SEQUENCE

This competitive summer biathlon activity will be conducted in the following sequence:

1. running a loop of 500 to 1000 m;
2. firing five to eight pellets at the BART;
3. running a loop of 500 to 1000 m;
4. firing five to eight pellets at the BART;
5. running a third loop of 500 to 1000 m; and
6. crossing the finish line.

EQUIPMENT

Based on 20 cadets per group, the equipment required to conduct the competitive summer biathlon activity shall include, but is not limited to the following:

- Cadet air rifles (5);
- Cadet air rifle slings (5);
- Shooting mats (10);
- .177 air rifle pellets (a minimum of 700 pellets);
- Stop watches (5);
- BART and target frame (5);
- Safety glasses (8);
- Pens/pencils;

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- Notice board;
- Biathlon scoresheets located at Annex B;
- Course control sheets located at Annex B; and
- Range recording sheets located at Annex B.

DRESS

Appropriate clothing according to the weather forecast.

RULES AND REGULATIONS

- Cadets must use the same firing lane for the duration of the activity.
- The run must be completed in the proper sequence and on the marked route.
- Rifles must be placed on the firing point by the range staff and will remain there for the duration of the activity.
- All firing will be done in the prone position.
- The cadet air rifle sling is the only firing aid that may be used.
- The rifle must be made safe upon completion of firing.
- An inoperable rifle will be replaced by the range staff, the target will be reset, and the cadet will fire five to eight shots with the new rifle.
- Safety infractions will result in time penalties.
- Missed targets will result in time penalties.

SCORING

Scoring will be calculated as follows:

- **Time.** The cadet's final time is the time from the start to the finish, plus any issued penalties.
- **Firing.** For each bout of firing, the number of missed targets will be recorded on the range recording sheet by the lane scorekeeper (located at Annex B). For each missed target, a one-minute penalty will be added to the cadet's total time.

PENALTIES

Penalties will be added to the individual's time, to include:

- Each violation of the principles of fair play or good sportsmanship will result in a one-minute penalty, to include:
  - not giving way in an area of congestion;
  - pushing or shoving;
  - using profanity; and
  - interfering with other competitors.
- Each missed target will result in a one-minute penalty.
- A one-minute penalty will be issued for each safety infraction, to include:
  - not keeping control of the cadet air rifle;
  - moving forward of the firing point; and

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- intentionally firing rounds at objects other than the BART.

OUT OF BOUNDS AREAS

Out of bounds areas are to be clearly identified prior to the start of the competitive summer biathlon activity.

AWARDS

Awards instructions are located at Annex E.

NOTES

- Course control staff will record each time a cadet runs through a loop. See course control sheet located at Annex B.
- The start and finish line chief will keep records for each cadet. When the sheet is full or nearly full the runner will take the sheet to the chief of statistics. See scoresheet located at Annex B.
- Bibs may be used to identify cadets, if available.

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COMPETITION GUIDELINES

COURSE CONTROL SHEET

Cadet Name	Loop 1 Verification	Loop 2 Verification	Loop 3 Verification

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Figure B-1 Course Control Sheet

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SCORESHEET

Cadet Name	Start Time	Loop One	Loop Two	Loop Three	End Time	Run/Safety Penalties	Firing Penalties	Total Time

Note: The start and finish line chief is responsible for recording the run times and presenting the scoresheet(s) to the scorekeeper.

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Figure B-2 Scoresheet

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RANGE RECORDING SHEET

Scorekeeper's Name: _____

Cadet Name:	Lane	Shots Fired					X = Miss	Misses	Comments/Penalties
							◯ ◯ ◯ ◯		
		3 Spare							
Cadet Name:	Lane	Shots Fired					X = Miss	Misses	
							◯ ◯ ◯ ◯		
		3 Spare							
Cadet Name:	Lane	Shots Fired					X = Miss	Misses	
							◯ ◯ ◯ ◯		
		3 Spare							
Cadet Name:	Lane	Shots Fired					X = Miss	Misses	
							◯ ◯ ◯ ◯		
		3 Spare							
Cadet Name:	Lane	Shots Fired					X = Miss	Misses	
							◯ ◯ ◯ ◯		
		3 Spare							
Cadet Name:	Lane	Shots Fired					X = Miss	Misses	
							◯ ◯ ◯ ◯		
		3 Spare							
Cadet Name:	Lane	Shots Fired					X = Miss	Misses	
							◯ ◯ ◯ ◯		
		3 Spare							
Cadet Name:	Lane	Shots Fired					X = Miss	Misses	
							◯ ◯ ◯ ◯		
		3 Spare							
Cadet Name:	Lane	Shots Fired					X = Miss	Misses	
							◯ ◯ ◯ ◯		
		3 Spare							
Cadet Name:	Lane	Shots Fired					X = Miss	Misses	
							◯ ◯ ◯ ◯		
		3 Spare							

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Figure B-3 Range Recording Sheet

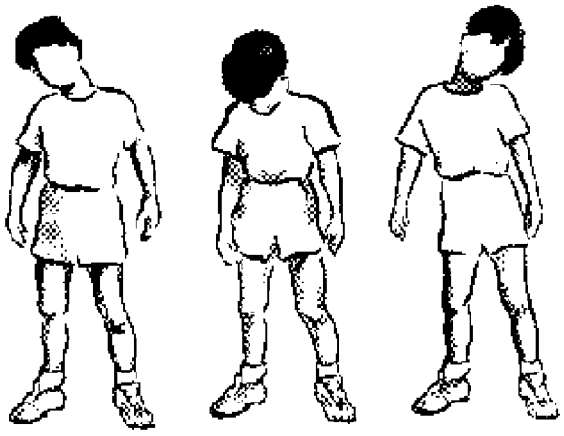
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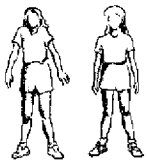
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SAMPLE STRETCHES

NECK

 *Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#l1* Figure C-1 Neck Stretch	Slowly roll your head across your chest from shoulder to shoulder. Do not roll your head backwards.

SHOULDERS

 *Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#l1* Figure C-2 Shoulder Push	Stand and extend your arms behind you, interlocking your fingers. Push up and back with your shoulders. Hold this position for a minimum of 10 seconds.
 *Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#l1* Figure C-3 Shoulder Shrug	Stand and raise your shoulders as high as possible and then lower your shoulders, stretching your neck up. Pull your shoulders back as far as possible and then round your shoulders forward by pushing your shoulders forward as far as possible. Hold each position for a minimum of 10 seconds.

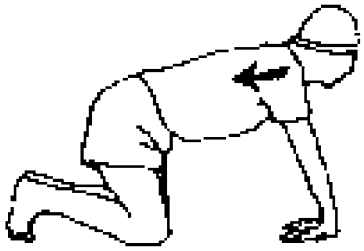
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 *Warm Ups, by Martha Jefferson Hospital, Copyright 2001 by Martha Jefferson Hospital. Retrieved 26 October 2006, from http://www.marthajefferson.org/warmup.php* Figure C-4 Arm Circles	Hold your arms straight out, palms up. Make small circles with your arms, gradually increasing the size. Reverse the direction of your circles.
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure C-5 Shoulder Stretch	Either standing or sitting, take your right arm in your left hand and bring it across your chest, supporting the joint by holding it behind the elbow. Pull the elbow lightly towards your chest. You should feel the stretch in your right shoulder. Hold this position for a minimum of 10 seconds and repeat on the opposite side.

ARMS

 *Exercises. Copyright 1998 by Impacto Protective Products Inc. Retrieved 26 October 2006, from http://www.2protect.com/home.htm* Figure C-6 Wrist Rotations	Rotate your hands in circular motions at the wrist. Change direction and repeat on both sides.
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure C-7 Triceps Stretch	Stand and bring your right arm over your head, bent at the elbow. Use your left hand to gently pull your arm down. Hold this position for a minimum of 10 seconds and repeat on the opposite side.

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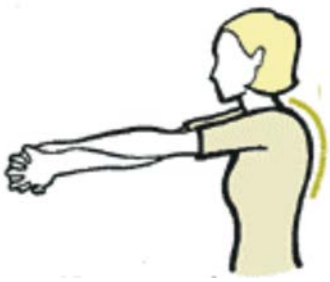
 *Exercise Programme for Squash, Tennis, Softball, Handball. Retrieved 26 October 2006, from http://www.physionline.co.za/conditions/article.asp?id=49* Figure C-8 Forearm Stretch	In a kneeling position, place your hands on the floor in front of you with your fingers pointing toward your knees, and your thumbs pointing out. Keeping your hands flat on the floor, lean back. Hold this position for a minimum of 10 seconds.

CHEST AND ABDOMINALS

 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure C-9 Chest Stretch	Stand facing a wall. With your right arm bent and your elbow at shoulder height, place your palm against the wall. Turn your body away from your right arm. You should feel the stretch on the front side of your armpit and across the front of you chest. Hold this position for a minimum of 10 seconds and repeat on the opposite side.
 *Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#I1* Figure C-10 Side Stretch	Stand with your left arm up over your head. Bend at the waist towards the right side of your body. Hold this position for a minimum of 10 seconds and repeat on the opposite side.

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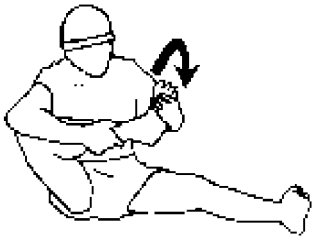
BACK

 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure C-11 Lower Back Stretch	Lie on your back and bring your knees toward your chest. Grasp the back of your knees. Hold this position for a minimum of 10 seconds.
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure C-12 Upper Back Stretch	Extend your arms straight in front of you at shoulder height crossing one arm over the other. With the palms facing each other, intertwine your fingers and press out through your arms. Let your chin fall to your chest as you exhale. You should feel the stretch in the upper back. Hold this position for a minimum of 10 seconds and repeat on the opposite side.

LEGS

 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure C-13 Hamstring Stretch	Lie flat on the floor with your knees bent and your back flat on the floor. Slowly raise and straighten one leg, grasping it behind your thigh with both hands. Hold this position for a minimum of 10 seconds.

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 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure C-14 Inner Thigh Stretch	Sit on the floor with your knees bent and the soles of your feet together. Grab your toes and pull yourself forward while keeping your back and neck straight. Hold this position for a minimum of 10 seconds. Grab your ankles and push your knees down toward the floor with your elbows. Hold this position for a minimum of 10 seconds.
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure C-15 Hip Flexor	Kneel on your right knee. Position your left foot in front of you, bending your knee and placing your left hand on that leg for stability. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You should feel the stretch in the front of your hip and the thigh of the leg you are kneeling on. Cushion your kneecap with a folded towel if necessary. Hold this position for a minimum of 10 seconds and repeat on the opposite side.
 *Running Exercises. Retrieved 26 October 2006, http:// www.physionline.co.za/conditions/article.asp?id=46* Figure C-16 Ankle Rotations	From a sitting position, rotate your foot in a clockwise, and then a counterclockwise, direction. Switch and repeat on the opposite side.

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 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure C-17 Calf Stretch	Stand three steps away from and facing a wall. Step in towards the wall with your right leg, bending your right knee and keeping your left leg straight. Extending your arms with your palms forward, reach out to the wall and let your body fall toward the wall. Keep your toes forward and your heels down. Lean your body into the wall with your left leg straight behind your body. You should feel the stretch in your left calf. Hold this position for a minimum of 10 seconds and repeat on the opposite side.
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure C-18 Quadriceps Stretch	Stand with your hand against a wall for balance. Lift your left foot off the ground, bending your knee as if you are trying to kick your bottom with your heel. Do not lean forward at the hips. Grab and hold your ankle with your left hand. You should feel the stretch in your left thigh. Hold this position for a minimum of 10 seconds and repeat on the opposite side.

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INVITATION SAMPLE

Squadron Competitive Summer Biathlon Activity

When:

Where:

Eligibility: Proficiency Level Two Cadets

Rules: Located at Annex A to EO C211.04, Instructional Guide.

Event: Individual

Category: Female: three loops of 500 to 1000 m, two relays of firing in the prone position

Male: three loops of 500 to 1000 m, two relays of firing in the prone position

Schedule:

0900hrs	Coaches meeting
1010hrs	Start
1055hrs	Last cadet start
1200hrs	Last cadet finish
1300hrs	Awards

Note: Times listed above are approximate.

Contact Information:

Special Notes:

Additional squadron officers will be required to assist in running the competitive summer biathlon activity.

Parents and spectators are invited to observe the activity.

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AWARDS INSTRUCTIONS

AWARDS

All cadets shall be awarded with a certificate/ribbon for participation. The top three competitors from each gender shall be awarded with a certificate/ribbon/medal.

AWARD CEREMONY

The technical delegate shall organize the award ceremony for the competitive summer biathlon activity.

AWARD PRESENTATIONS

The hosting squadron Commanding Officer or other local VIP shall present awards to the winning cadets and certificates to all cadets.

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