ROYAL CANADIAN AIR CADETS

PROFICIENCY LEVEL TWO

INSTRUCTIONAL GUIDE

SECTION 10

EO C290.05 – PARTICIPATE IN A HIKE

Total Time: 90 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.

Recce the hike route and have a map available prior to the start of the hike.

The hike will be on a predetermined route of 3 km on a Class 1 terrain.

Place flagging tape along the route prior to the commencement of the hike.

Cadets will be led by an officer and senior cadets may take charge of the syndicates while on the hike.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TP1 to give directions on procedures for the hike.

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.

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.

INTRODUCTION

REVIEW

The review for this lesson is from EO M290.05 (Discuss Hiking Techniques) and includes:

- Explain potable water requirements for consumption during a day hike;
- Explain the characteristics of proper footwear; and
- Explain, demonstrate and have cadets practice personal hiking rhythm.

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OBJECTIVES

By the end of this lesson the cadet shall have participated in a hike and used trailblazing techniques.

IMPORTANCE

It is important for cadets to participate in outdoor activities like hiking; it promotes physical well-being and an interest in the outdoors. Trailblazing techniques are signals that can be left behind if you leave your camp so others can see the signals. They can also help you to find your way back to camp should you go in search of survival items.

Teaching point 1 **Describe Trail Etiquette Methods That Accomplish the "Leave No Trace" Ideologies While Hiking**

Time: 10 min Method: Interactive Lecture

TRAIL ETIQUETTE

Proper planning before entering an outdoor environment serves as one of the key elements in having a safe and successful experience. No-trace camping involves avoiding or reducing the damage caused by humans in the environment.

Staying on Established Trails. Constant trampling and travel will cause erosion over environmental surfaces. Avoid taking shortcuts and, when travelling cross-country where no trails exist, try to remain on the most durable surfaces.

Walking on Durable Surfaces. Surfaces vary from soft marshes to solid rock and trekkers will continuously cross many different types of terrain. It is imperative to take the time to travel on surfaces that will not be significantly affected, rather than taking the straightest line to get to a destination, trampling whatever lies in the way.

Travelling in Small Groups. Increased group numbers can have a greater impact than smaller ones. Stick to appropriate group sizes of 10 or less. Take the necessary precautions when travelling in a group. Every action has the potential to impact the natural environment.

Avoiding Making Loud Noises. When travelling through the wilderness, allow nature's sounds to prevail. Avoid using loud noises, secure all pots and pans on the backpack and only use the whistle in an emergency situation.

WEARING PROPER SAFETY EQUIPMENT

- a whistle,
- a hat,
- sunscreen, and
- appropriate footwear.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What does no-trace camping involve?

Q2. Why is it important to stay on established trails?

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Q3. What is one piece of proper safety equipment?

ANTICIPATED ANSWERS

A1. No-trace camping involves avoiding or reducing the damage caused by humans in the environment.

A2. Constant trampling and travel will cause erosion over environmental surfaces. Avoid taking shortcuts and, when travelling cross-country where no trails exist, try to remain on the most durable surfaces.

A3. A whistle, a hat, sunscreen, or appropriate footwear.

Teaching point 2 **Demonstrate and Have Cadets Practice Trailblazing Techniques**

Time: 60 min Method: Demonstration and Performance



Have cadets pre-hydrate by consuming at least 500 ml of water prior to the start of the hike.



Prior to the hike explain and demonstrate the following trailblazing techniques.



Have the cadets look for previously marked signals on the route. Have the cadets trailblaze using flagging tape.

TRAILBLAZING

These are signals to leave behind if you leave the scene of the crash or abandon camp.

- Make a large arrow shape to indicate the direction in which you have set off which will be visible from the air and other direction markers which can be interpreted at ground level.
- Signs on the ground will draw attention to your presence or past presence and the direction markers will help rescuers follow your trail.
- Continue to make them, not only for people to follow but to establish your own route if you wish to retrace it and as a guide if you lose your sense of direction and start going back on your trail.
- At camp, leave written messages in containers to detail your plans. Hang them from tripods or trees and draw attention to them with markers.
- Direction markers could include:
    - rocks or debris placed in an arrow shape;
    - a stick left in a crooked support, with the top pointing in the direction taken;
    - grasses tied in an overhand knot with the end hanging in the direction followed;

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- forked branches laid with the fork pointing in the direction followed;
- arrowhead-shape notches cut out of tree trunks indicating a turn;
- small rocks set upon larger rocks, with small rocks beside; and
- a cross of sticks or stones meaning ‘Not this way’.

ACTIVITY



The cadets will not damage the environment while participating in trailblazing.

OBJECTIVE

The objective of this activity is to have cadets practice trailblazing techniques in a natural environment.

RESOURCES

Flagging tape.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Cadets are to depart the training area, travelling a distance of no greater than 3 km along a predetermined route, on Class 1 terrain.

2. The cadets will be led by an officer and senior cadets may take charge of the syndicates.

3. Divide the cadets into three syndicates (e.g. 1:8–1:10 ratio). The cadets will travel as a syndicate while on the hike.

4. Have cadets identify markers along the hiking route and have them make their own markers with flagging tape, stones and sticks along the route.

5. On the return trip the cadets will retrieve the flagging tape they placed on the foliage.

SAFETY

N/A.



The instructor shall provide advice to the cadets who experience difficulty. Ensure enough water is available for the cadets and accompanying staff members.

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CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What is trailblazing?

Q2. What will signs on the ground draw attention to?

Q3. What forms the signal “Not this way”?

ANTICIPATED ANSWERS

A1. Trailblazing is signals which are left behind if you leave the scene of the crash or abandon camp.

A2. Signs on the ground will draw attention to your presence or past presence and the direction markers will help rescuers follow your trail.

A3. A cross of sticks or stones.

Teaching point 3 **Conduct a Group Discussion and Debrief the Cadets on Their Experiences While on the Hike**

Time: 15 min Method: Group Discussion

BACKGROUND KNOWLEDGE



The point of the group discussion is to draw trailblazing experiences from the group using the tips for answering/facilitating discussion and the suggested questions provided.

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GROUP DISCUSSION



TIPS FOR ANSWERING/FACILITATING DISCUSSION

- Establish ground rules for discussion, e.g. everyone should listen respectfully; don't interrupt; only one person speaks at a time; no one's ideas should be made fun of; you can disagree with ideas but not with the person; try to understand others as much as you hope they understand you; etc.
- Sit the group in a circle, making sure all cadets can be seen by everyone else.
- Ask questions that will provoke thought; in other words avoid questions with yes or no answers.
- Manage time by ensuring the cadets stay on topic.
- Listen and respond in a way that indicates you have heard and understood the cadet. This can be done by paraphrasing their ideas.
- Give the cadets time to respond to your questions.
- Ensure every cadet has an opportunity to participate. One option is to go around the group and have each cadet answer the question with a short answer. Cadets must also have the option to pass if they wish.
- Additional questions should be prepared ahead of time.

SUGGESTED QUESTIONS

Q1. What was the most significant aspect of the hike?

Q2. What was the most practical part of trailblazing?

Q3. Can anyone think of other ways to trailblaze?

Q4. Why did the syndicate use flagging tape instead of foliage?

Q5. What signal means "Not this way"?



Other questions and answers will develop throughout the group discussion. The group discussion should not be limited to only those suggested.



Reinforce those answers given and comments made during the group discussion, ensuring the teaching point has been covered.

CONFIRMATION OF TEACHING POINT 3

The cadets' participation in the group discussion will serve as the confirmation of TP3.

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END OF LESSON CONFIRMATION

The cadets' participation in the hike and trailblazing activity will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Hiking is an important outdoor activity which promotes physical fitness. In a survival situation trailblazing can help searchers find your camp and it can help you find your way back to your camp should you leave in search of survival items.

INSTRUCTOR NOTES/REMARKS

A whistle will be carried by every cadet as a safety precaution.

REFERENCES

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

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