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: a. identifying trail etiquette; and b. wearing proper safety equipment, to include: 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	

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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 Cdts 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.

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