ROYAL CANADIAN AIR CADETS

PROFICIENCY LEVEL ONE

INSTRUCTIONAL GUIDE

SECTION 2

EO M190.02 – MAINTAIN PERSONAL EQUIPMENT AND HYGIENE IN THE FIELD

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.

Prepare a packed rucksack / backpack.

Prepare resources for practicing field hygiene.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for this lesson to orient the cadets to maintaining personal equipment and personal hygiene and generate an interest in the subject.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadets shall have maintained their personal equipment and hygiene in the field.

IMPORTANCE

Caring for personal equipment and knowing how to safely use a knife prevents unnecessary injury. Practicing field hygiene principles contributes to the successful conduct of an aircrew survival exercise by preventing illness and maintaining a safe environment.

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Teaching point 1 **Explain how to care for personal equipment.**

Time: 5 min Method: Interactive Lecture

CARE FOR PERSONAL EQUIPMENT

All articles of clothing shall be kept as clean as possible. Dirt can get through some clothing and reach the skin. Sweat and dirt may cause skin irritation. The dirt may also get into the fibres of the fabric and destroy the insulation value. This potential loss of insulation is why undergarments must be changed daily.

Socks should be changed frequently. Wet or dirty socks can cause blisters and other skin irritation. Wash socks in lukewarm water. Carefully rinse out all of the soap, squeeze out the water, and stretch the socks back into shape. Socks should be kept in good repair and holes mended as soon as they appear.

Boots should be properly maintained by keeping them dry and soft. Boots should never be placed too close to the fire.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS:

Q1. Why must undergarments be changed daily?

Q2. What are the steps to take when laundering socks?

Q3. How are boots maintained?

ANTICIPATED ANSWERS:

A1. Dirt can get through some clothing and reach the skin. Combined with sweat, the dirt may cause considerable irritation.

A2. When laundering socks, use lukewarm water. Carefully rinse out all of the soap, squeeze out the water, and stretch the socks back into shape.

A3. By keeping them dry and soft and not to place them close to the fire.

Teaching point 2 **Explain knife safety in the field.**

Time: 10 min Method: Interactive Lecture

CARE OF KNIVES IN THE FIELD

A knife should be kept sharp and carried in a suitable sheath. It should be returned to its sheath immediately after use and remain there when not in use. Always position the sheath on a waist belt towards the back of the hip. This positioning prevents the knife from being driven into the groin during a fall. Never angle the blade in another person’s direction. Always pass a knife closed or by presenting the handle to the person receiving it. Ensure the person receiving the knife is ready to accept the knife before letting go. Ensure that the sharp side of the blade is facing up when passing the knife. Always ensure knives are put away or safely stored.

SHARPENING

Sharpen a knife as soon as it becomes dull. Use a quality sharpening stone and apply lubricant as specified for the stone. To reshape an edge use a 400 grit sharpening stone. A 1 000 grit sharpening stone and above will sharpen the edge. A honing stone is used to polish the cutting edge and is above 2 000 grit. To polish

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a blade that has stains on it, use wood ash as it does not scratch the blade. Use the following steps when sharpening a knife with a sharpening stone:

1. Apply a light coating of oil (if it is whetstone or oil stone) to the stone to lubricate and protect the surface. The oil helps keep bits of stone and steel – called slurry – on the surface of the stone. The slurry helps the cutting action of the stone. Ceramic and diamond stones can be used dry or wetted with water.

2. If a combination stone is being used, start with the coarsest grit side.



A hollow ground blade will be sharpened only at the cutting edge at a combined angle 20-30 degrees.

3. To sharpen a hollow ground blade, hold the knife with the back edge of the knife off the sharpening stone at 10-15 degrees.

4. To sharpen a flat ground blade, place the bevel flat on the stone. This registers the blade at the proper angle for sharpening.

5. Start where the blade meets the handle and draw the full length of the blade across the stone while moving the blade from one end of the stone to the other. Apply steady pressure. Repeat this eight times on each side.

6. Repeat the process using the fine side of the sharpening stone.

7. Using a honing stone and honing oil, hone the blade, alternate each stroke with the opposite side of the blade for eight strokes maintaining the same angle as before.

8. If a wire edge forms – a thin wire of steel at the very edge of the blade – repeat the same motion on a piece of cardboard or honing stone until the wire edge falls off.

9. Test for sharpness by cutting something or by looking at the edge of the blade for reflections from unsharpened areas, not by drawing the fingers across the blade.

10. Clean and dry the stone following the manufactures' instructions.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS:

Q1. How should a knife be stored and kept?

Q2. Why is the sheath positioned on the waist belt towards the back of the hip?

Q3. When passing the knife, which way should the blade be facing?

ANTICIPATED ANSWERS:

A1. A knife should be kept sharp and carried in a suitable sheath.

A2. This positioning prevents the knife from being driven into the groin during a fall.

A3. Up.

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Teaching point 3 **Explain how to maintain hygiene in the field.**

Time: 10 min Method: Interactive Lecture

FIELD HYGIENE REQUIREMENTS

Keeping healthy is an important factor for survival in the field. Strict hygiene routines should be practiced personally and at the survival site. Garbage and latrines shall be kept away from the site to avoid the threat of insects and illness. Proper hygiene practices also ensures drinking water is not contaminated.

WASHING

To keep clean, use soap and water while in the field. Special attention should be given to the groin area, scalp and between the toes. These areas are susceptible to rash and fungus infections. A daily shower with hot water and soap is ideal. If a shower is not feasible, keep hands as clean as possible. The face, armpits, crotch and feet should be washed and dried at least once a day. If soap is unavailable, wood ash can be used as a substitute. Washing daily can prevent the growth and spread of germs.

DENTAL CARE

Teeth should be cleaned with a toothbrush and toothpaste after every meal and before bed. Table salt or baking soda can be used as a substitute for toothpaste. If a toothbrush is not available, a green twig can be chewed to a pulpy consistency. The mouth should be rinsed with water after every meal.

WASTE DISPOSAL

It is important to manage waste effectively. Wet and dry garbage shall be separated into different sealed containers. It should be stored downwind and a suitable distance from the site. Water that is used to clean dishes, bodies, teeth or clothes is called grey water. This water must be disposed of by placing it in containers located near the washstands or latrines. Solid garbage shall be packed out of the site. If it is packed in it should be able to be packed out. It is the responsibility of each member to ensure that no trace of waste is left behind.



Where appropriate, the instructor shall indicate the locations associated with this teaching point. These include but are not limited to:

- washstand,
- latrines,
- port-o-potties,
- grey water disposal area, and
- wet and dry garbage disposal area.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS:

Q1. If a shower is not available, what parts of the body should one ensure to clean?

Q2. What can be used as a substitute for toothpaste?

Q3. What is grey water?

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ANTICIPATED ANSWERS:

A1. Hands, faces, armpits, crotch and feet.

A2. Table salt or baking soda.

A3. Water that has been used to clean clothes, dishes, teeth, bodies etc.

END OF LESSON CONFIRMATION

QUESTIONS:

Q1. What is the proper action to take when sharpening a knife?

Q2. Where should the knife blade not be pointed?

Q3. What is grey water?

ANTICIPATED ANSWERS:

A1. Place the blade on the stone and pull it toward you in a circular motion and repeat this action many times. Ensure that this motion is completed an equal number of times on both sides.

A2. In another person's direction or at yourself.

A3. Water that has been used to clean clothes, dishes, teeth, bodies etc.

CONCLUSION

HOMEWORK / READING / PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

Cadets have learned how to care for their personal equipment, using a knife and maintaining personal hygiene in the field. Caring for personal equipment and safely using a knife while in the field is of the utmost importance.

INSTRUCTOR NOTES / REMARKS

This EO is to be delivered at the squadron on the training night prior to the aircrew survival exercise.

REFERENCES

C3-003 ISBN 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Author.

C3-021 ISBN 0-7715-9035-0 McManners, H. (1994). *The complete wilderness survival manual*. Toronto, ON: McMillan Canada.

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