ROYAL CANADIAN AIR CADETS

PROFICIENCY LEVEL ONE

INSTRUCTIONAL GUIDE

SECTION 3

EO M190.03 – OBSERVE SITE POLICIES AND PROCEDURES

Total Time: 60 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.

Research animals indigenous to the aircrew survival exercise location.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for this lesson to give direction on policies and procedures of an aircrew survival exercise site.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have observed all site policies and procedures during an aircrew survival exercise.

IMPORTANCE

It is important to know and follow established site policies and procedures to ensure the site is maintained and functioning in a smooth and safe manner.

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Teaching point 1 **Describe safety issues related to field training.**

Time: 10 min Method: Interactive Lecture

GENERAL SAFETY

Cadets should be aware that running, engaging in horseplay or wandering off from the group is not acceptable behaviour during field training.



Include any other general safety concerns regarding the site.

MEDICAL PROCEDURES

In case of a medical emergency, all members need to be aware of what actions to take. Members need to know where the first aid area is located, what to do in a medical emergency, where to get medications, the muster point in case of an evacuation and who is in charge.

ENVIRONMENTAL PROCEDURES

It is extremely important that the environment is respected while conducting an aircrew survival exercise. Garbage and grey water should be disposed of in designated areas. Cutting down live trees, including breaking branches is not acceptable. Doing this may hinder the growth of the tree. In case of an environmental spill, cadets should advise staff members immediately and local authorities should be contacted.



Include any other environmental procedures regarding the site.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS:

Q1. What is not acceptable behaviour in the field?

Q2. What medical procedures need to be known by personnel?

Q3. Why should branches not be broken off a live tree?

ANTICIPATED ANSWERS:

A1. Running, engaging in horseplay and wandering off from the group.

A2. Where the first aid area is located, what to do if they come across a medical emergency, the muster point in case of an evacuation and who is in charge.

A3. It may hinder the growth of the tree.

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Teaching point 2 **Explain fire regulations in place at the training site.**

Time: 10 min Method: Interactive Lecture

FIRE PROCEDURES

All personnel need to be aware of what to do in case of a fire. If a member notices a fire they should shout “fire, fire, fire” and use a siren or whistle to sound an alarm. Upon hearing the alarm, all personnel should meet at the designated muster point. The member who noticed the fire should present themselves to the senior officer on site.

MUSTER POINT

The muster point is the area designated for all people at the site to gather together in case of a fire or other emergency. It should be located away from hazardous areas and near the best route out of the campsite.

FIRE FIGHTING EQUIPMENT

The fire pit location should contain basic fire fighting equipment such as fire extinguishers, fire brooms and buckets.



Show each area presented above and ensure everyone is clear on the fire regulations for the aircrew survival exercise site.

ACTIVITY

Time: 5 min

OBJECTIVE

The objective of this activity is to conduct a fire drill.

RESOURCES

Nil.

ACTIVITY LAYOUT

Nil.

ACTIVITY INSTRUCTIONS

1. Choose a cadet to “find” the fire.
2. Have that cadet shout “fire, fire, fire.”
3. Have the rest of the group report to the muster point.
4. Debrief the cadets on the fire drill.

SAFETY

Ensure the area is free of obstacles that may cause cadets to fall or hurt themselves during the fire drill.

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CONFIRMATION OF TEACHING POINT 2

QUESTIONS:

Q1. What is the muster point?

Q2. What fire fighting equipment should be present at the campsite?

Q3. What should one do when noticing a fire?

ANTICIPATED ANSWERS:

A1. The muster point is the area designated for all people who are at the campsite to gather together in case of a fire or other emergency.

A2. Basic fire fighting equipment such as extinguishers, fire brooms and buckets.

A3. Shout “fire, fire, fire” and move to the muster point. The member who noticed the fire should present themself to the senior officer.

Teaching point 3 **Give an overview of the layout of the site.**

Time: 15 min Method: Interactive Lecture



This teaching point should be presented at each of the locations listed. Have a sample exercise site completed.

COMMAND POINT / HEADQUARTERS

The command tent should be located in a centralized area and all personnel at the site should know its location.

FIRST AID AREA

The first aid area must be equipped with at least one stretcher, a well-stocked first aid kit and any additional equipment needed to treat minor injuries.

SLEEPING AREAS

Tents are usually divided into two groups, one for males and one for females. All tents should be erected at least ten feet apart with the doors opposite the prevailing winds.

FIRE PIT

Fire pits must be at least 100 meters away from the campsite and strictly in open areas. Permission to have a fire pit must be granted by local authorities and the forest fire rating must be checked prior to lighting a fire.

LATRINES

If at all possible before building a latrine, make use of an outhouse that may already be available. If a latrine must build be built, IAW local regulations, construct it as least 100 meters away from the campsite and not close to water.

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PETROLEUM, OILS AND LUBRICANTS (POL) POINT

POL stands for petroleum, oils and lubricants. The storage area for these materials must be located at a reasonable distance from the bivouac site. Access to this area is limited.

WATER POINT

Drinking water should be obtained from a reliable source. Always boil water that is collected in the field to purify it. If collecting water from a fast moving stream, always get water upstream from washing and laundry areas.

WET AND DRY GARBAGE AREAS

Garbage should be bagged and removed from the bivouac site. There should be separate areas for wet and dry garbage and these areas should be marked clearly. Grey water should be disposed of in this area as well.



Identify any other areas that may be used during the exercise.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS:

Q1. What does POL stand for?

Q2. Where should the fire pit be located?

Q3. If collecting water from a fast moving stream, where should it be collected?

ANTICIPATED ANSWERS:

A1. Petroleum, oils and lubricants.

A2. Fire pits must be at least 100 meters away from the campsite and strictly in open areas.

A3. Upstream from the washing and laundry areas.

Teaching point 4 **Discuss safety measures with regards to animals.**

Time: 15 min Method: Interactive Lecture

POTENTIAL ANIMALS

There is potential to run into many different animals during an aircrew survival exercise. Some of these animals may include:

- bears,
- cougars,
- rattlesnakes,
- moose,
- bison,

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- elk, and
- wolves.

With each of these animals it is important to be aware of preventive measures to avoid them and what actions to take if an encounter occurs.

BEARS

Preventive measures to avoid an encounter with a bear include:

- looking for signs that a bear may be close. Signs include tracks and scat in the area;
- have the kitchen separate from the training site. Bears are attracted to food so having the kitchen separate may deter the bear from entering the training site; and
- making noise to deter the bear from coming in the general area.

Defensive measures to take in an encounter with a bear include:

- using pepper spray;
- using a shotgun;
- grouping everyone together to expand presence; and
- playing dead versus fighting fiercely.

COUGARS

Preventive measures to avoid an encounter with a cougar include:

- hiking in groups; and
- making noise to deter the cougar from entering the general area.

Defensive measures to take in an encounter with a cougar include:

- not running;
- grouping together to expand presence;
- speaking loudly;
- providing an escape route for the animal;
- facing the cat and maintaining eye contact;
- fighting back if attacked; and
- if attacked from behind, throwing the cat overhead and forward.

RATTLESNAKES

Preventive measures to avoid an encounter with a rattlesnake include:

- watching where steps are taken;
- looking closely before parting bushes;
- using a stick, not hands, when turning over stones or rocks;
- wearing stout boots; and
- checking bedding and backpacks before using.

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Defensive measures to take in an encounter with a rattlesnake include:

- do not tease or pick up;
- do not make sudden movements, back off slowly and remain calm;
- if bitten, back away immediately and immobilize the bitten area, below the heart if possible; and
- do not tie a tourniquet or attempt to suck out the venom. Report to the nearest hospital as soon as possible.

WOLVES

Preventive measures to avoid an encounter with a wolf include:

- cooking and washing dishes away from the campsite; and
- hanging food and garbage away from sleeping area.

Defensive measures to take in an encounter with a wolf include:

- looking larger, raising and waving arms;
- making noise;
- throwing objects, like sticks, rocks, pots and pans;
- backing away slowly, do not move away from the animal; and
- keeping direct eye contact.

MOOSE, ELK AND BISON

Moose, elk and bison are only likely to charge when threatened or crowded. To prevent an attack distance should be kept from the animal.

CONFIRMATION OF TEACHING POINT 4

QUESTIONS:

Q1. What are some of the animals that an individual may encounter on an aircrew survival exercise?

Q2. What defensive measures should an individual take when encountering a bear?

Q3. What preventive measures should an individual take to avoid encountering a wolf?

ANTICIPATED ANSWERS:

A1. Some of these animals may include:

- bears,
- cougars,
- rattlesnakes,
- moose,
- bison,
- elk, and
- wolves.

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A2. The defensive measures to take in an encounter with a bear include:

- using pepper spray;
- using a shotgun;
- grouping everyone together to expand presence; and
- playing dead versus fighting fiercely.

A3. The preventive measures to avoid an encounter with a wolf include:

- cooking and washing dishes away from the campsite; and
- hanging food and garbage away from sleeping area.

END OF LESSON CONFIRMATION

The end of lesson confirmation consists of the class walking to each of the locations in the exercise site and explaining each of them. A different cadet should be chosen to explain each of the locations.

CONCLUSION

HOMEWORK / READING / PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

It is important to know and follow established site policies and procedures to ensure the site is maintained and functioning in a smooth and safe manner. Knowing what do to do in case of a fire and knowing where the different areas of the exercise site are located ensures the weekend exercise runs as smooth as possible.

INSTRUCTOR NOTES / REMARKS

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

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